

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



NEW SPACE!

It seems like my mini renovations took a long time, but really it was only about eight weeks from when I signed contracts until the work was completed.

I am in love with what I am calling my Mom's room - Hannah and Jacob's old bedroom. It will be so nice when my Mom visits that she has her own space.

I plan on doing a whole blog post soon with all the links of where I bought things - I've been asked a lot already on Instagram "Biz, where did you get that!" So stay tuned!

My office space is so . . . me. I love the brightness, color and the only thing I have left to do is hang curtains, my friend and I tried but the cedar was too thick.

The handyman I hired was awesome! I will contact him to help me hang the curtain rods and then that room is nearly done.

So excited!



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EDAMAME HUMMUS

Friday after my handyman Michael built all the furniture, I was finally able to put my house back in order. It was so disorderly and while that usually doesn't bother me short term, it was getting to me. I walked 11,200 steps on Friday and I never left my house until I picked up my dinner!

I picked up from a local place called Tasty Sushi. I think I ordered everything on the left side of the menu I was so hungry! One of the side dishes I got was edamame - and they gave me the biggest container that I had so much leftover. So I made this edamame hummus! OMG, so good!

This made three servings (about 1/3 cup per serving) and 3.5 WW points on all plans. If you count calories or macros, each serving is 157 calories, 9.9 fat, 10.5 carbs, 3.6 fiber and 9.5 protein.

6 ounces shelled edamame (about 1 cup)
2 tablespoons garlic
2 tablespoons tahini
zest of 1 lemon
juice of one lemon (about 2 tablespoons)
1 teaspoon paprika
1 teaspoon crushed red pepper
1/2 teaspoon salt
1 tablespoon avocado oil

Put all the ingredients in a food processor and process until combined. Store in an airtight container.



I The photo above is from a blog post I did in 2009 - I made this edamame ginger dip - oh my lordy - the food photography in this post! It's delicious though, you can [check out the recipe here.](#)



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Life

We have a new member of our family! My niece Sarah and her husband Jon had a son last week - baby Noah entered the world just over 7 pounds and 21 inches long and is perfect in every way.

If it weren't for this pandemic, I'd be on the first flight to Texas, but FaceTime will have to do for now.

Hannah and Jacob hosted Thanksgiving and they made THE BEST turkey. So juicy and delicious - thank you guys for hosting the small get together!

THE COOKBOOK WILL BE LIVE ON DECEMBER 1! The link will be published at 6:00 a.m. on Tuesday. So proud of Hannah's hard work, my sister helping out with the technical stuff, my niece Rachel doing the nutritional breakdown for each recipe and my friend Morgan doing the points for all the recipe. The nutrition and points will be posted on my blog December 1.

Lastly, this week will mark the sixth year of my husband's death. As I was walking through my newly decorated house, it made me feel guilty a bit - as if I was erasing any evidence of my late husband.

But I have to remember it's not OUR house anymore. It's mine. So while it doesn't look anything like it did six years ago, my memories of him live on, and that's all that matters.

Until next time friends, Be Kind, Be Fearless, Have Hope - Love, Biz

