

# MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



## THE COOKBOOK IS RELEASED!

It seems like yesterday that Hannah and I were in their complex pool in late August talking about putting a Skinny Pizza Dough Cookbook together for a release on December 1.

How was last week already December 1?! I am happy to say that the cookbook is now available to purchase via download.

You can [click here and instantly download](#) and keep it on your computer, or print it out.

I had a limited amount of spiral bound hard copies, but those sold out in about a minute - I am in shock at the demand for the hard copy, but I get it, I am more of a pen and paper person too.

I am talking to a printer in Chicago who would be able to print AND ship for me, which would be huge - stay tuned but I hope to be able to send you a hard copy if you want one. If you already downloaded - thank you for your support!

That photo to the side is my shrimp bao buns - so good! That recipe is in the cookbook. 😊



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# LENTIL PANCAKES

Every few weeks I don't do a full grocery shop because I look in my pantry, fridge and freezer and know I can meal plan with what I have.

I had this giant jar of urad dal (lentils) and I did a quick google search "what to make with lentils" and pancakes popped up. Huh. But a lot of them were savory, so I decided to make them into sweet breakfast pancakes. Holy balls you guys - these are amazing! Promise your family will not know the lentils are in there and it adds so much nutrition!

## Ingredients:

- 1 cup dried lentils (soaked in 1 cup of water for an hour or up to overnight)
- 1.5 cups quick oats
- 1/2 cup fat free cottage cheese
- 1 teaspoon cinnamon
- 1 tablespoon baking powder
- 1/2 cup lite coconut milk
- 1 tablespoon vinegar (doesn't matter what kind - I used red wine)
- 1/2 cup self-rising flour
- 1/4 cup Truvia no calorie sweetener
- 1/2 cup unsweetened almond milk
- pinch of salt

Mix the coconut milk, almond milk and vinegar and let sit for 5 minutes. Put everything in a blender and blend until smooth. Use 1/3 measuring cup per pancake. Cook 2 minutes a side.

I got 12 panckaes out of this recipe.



Each pancake is 3 points on #teamgreen, 2 points on #teambblue and only ONE point on #teampurple

If you count calories or macros, each pancake is 141 calories, 2.3 fat, 22 carbs, 6.2 fiber and 8.4 protein

If you love pancakes but are weirded out by the lentils, try these [blueberry pancakes](#).



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## Life

I have been remotely training a new hire this last week and well, it's been exhausting. It's hard enough to train someone side by side at the office, but remotely, when she's never used our systems before, has been challenging.

She's a wonderful woman, and I have been happy to get to know her this week, but she is literally on my Zoom all.day.long. From 9 a.m. until 4:00 p.m.

I normally can cook during my lunch hour and again get bizzy in my kitchen when I clock out at 4, but the downside of training is that I can't get my actual work done. So I worked late (until 8 two nights) every day last week, and worked through my lunch too just to keep up.

Sadly, exercise was the first thing to go, but I was very conscious of my eating last week even under the stress of work and the cookbook launch. ([It's on sale in case you missed it!](#))

I was up 3.6 on the scale over the last few weeks leading up to Thanksgiving. This week I lost 4.2 - which is 99% water weight - I drank a gallon of water every day. So if you feel "puffy" you may just be dehydrated. I love my Go Hydrate - I used it every single day. I have. [10% discount code if you want to check it out.](#)

I had the grandpups for a sleepover on Saturday night. It is always nice to have the snuggles while watching t.v. and sleep - best hugs evah!

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

