

# MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



## HAPPY NEW YEAR!

If you are new here - welcome! I have a cookbook that recently came out. You can download a copy, you can enter this into your browser:

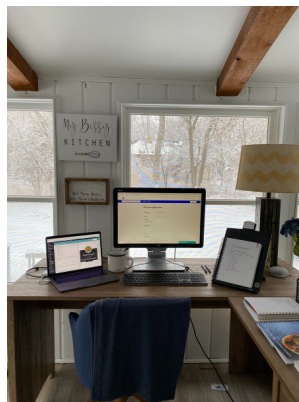
<https://gumroad.com/mybizzykitchen>

We thank you for your support!

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Today is the first full work week of the new year and the start of my new job as CEO of My Bizzy Kitchen! I am so happy. Normally I have so much anxiety waking up on Monday mornings because it literally was the worst day of the week for me. It didn't help that two of my bosses worked over the weekend so it would take me a minimum of about a half hour just to go through all my emails. Um, turns out I won't miss that!

Jacob and Hannah stopped by yesterday and Jacob set up my office. My laptop has my email open and my big monitor is where I work. I got a wireless keyboard and I am all set up in my new HQ.



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I love the views out to my backyard too. 🌳

## APPLE PIE FILLING

Everytime I make this apple pie filling I stop and ask myself "why don't I make this every day?!" And then I text my brother a picture of this apple pie filling and his response is "gimme!"

I eat this as a snack. I eat this on top of oatmeal with some granola. I eat it with Greek yogurt. I've also eaten it straight out of the pan. #nojudgment

- one apple (my go to is Fuji or honeycrisp) sliced
- 1/2 cup water
- 1 tablespoon Truvia (or other no calorie sweetener)
- 1 tablespoon cornstarch

Heat skillet over medium heat. Spray with avocado oil and cook the apples for about five minutes. Mix the water, sweetener and cornstarch and mix well. Add to the pan. It will look like ass, but just wait for it. It will slowly thicken as it cooks an additional 5-7 minutes.

The result is this thick, rich and syrupy apple pie filling that is only 1 smart point on all plans. You just have to count the cornstarch.



If you make a batch of [skinny pizza dough](#) each week, try my apple strudel - this is so delicious and will cure your jones for coffee cake.

[You can find that recipe here.](#)



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# LIFE

The last seven days of 2020 were wonderful. I may have mentioned it before, but on my last day of work, I had only taken five days off since Thanksgiving of 2019. I know. So it was productive on MBK side, but also so relaxing. I watched movies. I hung out with family. It was a nice break.

Sunday night I went to Hannah and Jacob's house for dinner. OMG - he made birria tacos. If you have been on any social media platform lately, these tacos have been everywhere. These are the best tacos I've had.

They are slowly braised beef tacos in this amazing consommé. I tried to make a cheaters version to get that consommé, but I ended up making taco sauce. Ha! It was delicious, but not what I was looking for.

This week I am going to try to make a chicken birria taco. I plan on using both chicken breast and chicken thighs and like I say, it turns out great in my head so we shall see! Check out Hannah's IG page (@hannahfindinghealth) she has only one highlight on her page so you should be able to find it. 😊

It's been cold, but if it's 30 degrees or higher, I try to walk outside. Just something about the fresh air that makes you feel alive!

I am off to make an acorn squash bisque with some tiny acorn squashes I got on the discount rack - stay tuned!

p.s. - the flowers my friend Erica gave me are still going strong! I've just changed the water every day. If you live in the NW suburbs of Chicago - check out [Periwinkle Florist](#) - so amazing!

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

