

# MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



## DRY JANUARY - HALF WAY!

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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I am proud to say that January is half over and dry January is going very well. However, I think subconsciously, I think that I am allowed more food because I have given up my nightly glass or two of wine. I was up two pounds on the scale this week - gah! I did make a great mocktail using a sugar free simple syrup - the photo is on page 3, but the [link to the recipe is here](#).

It's all good. It's just a number and I'll work a bit harder this week. It's just difficult because I am taste testing so many recipes - I wonder when I see famous chefs who make sweet treats all the time how they stay so small?

Have you seen all the awesome food [Christina Tosi](#) makes?!

She's a great follow on IG. I need to up my baking skillz!



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# RAINBOW PRETZEL WITH DIP

My friend Sam on IG mentioned rainbow bagels at a place in Chicago. That brought back such a great food memory for me. When Hannah was little I made rainbow bread. Each parent was responsible for bringing the snacks one week out of the year, and being the overachiever (this was way before pinterest!) I went all out.

Well, the other mom's were not happy with me. I remember one mom telling me "Dillon keeps asking me to make rainbow bread for him!" #sorrynotsorry

So these skinny pizza dough rainbow bagels were born. That post is on my blog with step by step instructions. I used four ounces of dough to make this pretzel, and figured I would need a dip to go along as well.

Heat your air fryer at 400 for five minutes. For each pretzel, take 1 ounce of all the colored dough (that is leftover from the bagels) to make a 4 ounce bagel. Heat a pot of water to boil. Once boiling, reduce the heat and add two tablespoons of baking soda. Be careful, it will puff up!

Boil the pretzel for one minute a side. Add to a small piece of parchment paper and place in the air fryer, and bake for 10 minutes.

For the cheese sauce (for two servings):

- 1 teaspoon butter
- 1 tablespoon flour
- 1/2 cup unsweetened almond milk
- 1 ounce sharp cheddar cheese
- 1 tablespoon giardiniera

In a skillet, melt the butter. Add the flour and stir for one minute. Slowly add the milk and stir until thickened, about five minutes. Stir in the cheese and giardiniera. Serve with the pretzels.



On all plans the pretzels are 4 points each - half of the cheese sauce is 3 points.

I've been scrolling through my blog fixing old blog posts - here is an [OG post from 2012](#) where I made The Sandwich King's pretzel hot dog buns - side note, Jeff Mauro and I went to the same high school, although I graduated 11 years before him - ha!



Follow my blog [My Bizzy Kitchen](#)

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## LIFE

Even though it's been cold out (in the 20's and 30's) I've been trying to get outside to get fresh air.

Here's the thing, I used to look forward to my walks because it got me away from my day job. But, I have a new day job working for myself and it's really easy to keep going, making videos, recipe developing, that all of a sudden I will look up and it's 3 in the afternoon!

I've noticed it's closer to 5 o'clock when the sun sets, so it does give me time to squeeze a 45 minute walk in. Walking is hands down my favorite exercise.

I have my quarterly diabetes doctor appointment this afternoon. I've already pre-registered and paid my co-payment.

I've had a lot of people ask me how I was able to quit my job and what I am doing for insurance. For the next 18 months, I'll be using my firm's cobra insurance, and for those of you asking, it's \$946 a month. I knew this before quitting and worked it into my budget.

To me, it is worth it to wake up and do what I love. Was it scary to quit my job? Yep! Do I know if it's going to 100% successful? Nope! Am I willing to work until it is 100% successful? Absolutely!

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



PHOTOS ON THIS PAGE:

FRESH AIR

MOCK MOJITO

RAINBOW BAGELS!

