

# MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



## ANOTHER LOSS!

When I hit the rest button on June 13, I told myself that any loss is going in the right direction. I had a big loss the week before, and rarely in my history of being on the WW program have a big loss two weeks in a row.

Again, I was proud of myself for not eating like an asshole between meals. Um, here is one way to do that. Don't have trigger foods in the house. It's that easy.

When Hannah and Jacob lived with me they had their snacks which they always said I could help myself. Before I knew it I would grab four Oreo cookies "as a snack" and not count it because it didn't seem like a big deal.

But that's 9 points and 213 calories. Do that every day of the week and it adds up. I realize I can't "cheat the system" by trying to eat like I did and expect to lose weight.



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# ANOTHER LOSS . . .

I I can't tell you how many weeks, months, years that I would somehow still try to eat a double cheeseburger, or Burger King for breakfast and somehow lose weight. You will always be trying to play catch up.

I know that doesn't work, and knew it when I was doing it, but here's the thing. I was unwilling to give it up and just kept trying to make it work. It will never work. Yes, you can incorporate your favorite foods into your plan - just not every day or every meal.

I hope this trend continues. It feels good to be in control. Side note: every night I still open the pantry door at 9:00 p.m. to see what's in there, but I know there isn't anything, and the craving to snack goes away.



“

*Anything that you can't control is teaching you to let it go.*

## What's On My Menu This

My **Week?**

My Mom and I were just talking about how much we liked pancakes. Last week my friend Justin (crowmoonkitchen on Instagram) made pancakes. I used what I had on hand, which included vegan egg replacer. I am sure I bought it to try one of Justin's vegan recipes but I forgot I had it. Simply mix 1 tablespoon egg replacer with 2 tablespoons of water, which equals one egg. These pancakes are both vegetarian end vegan.

This made 8 blueberry lemon pancakes: 5 points on any WW plan, or 225 calories for 2.

- 1.5 cups self-rising flour
- 1 tablespoon Truvia
- 2 tablespoons baking powder
- 1 teaspoon salt
- 2 egg replacers (2 tablespoons)
- 1.25 cups unsweetened almond milk
- 1 tablespoon lemon zest
- 1 tablespoon lemon juice
- 1 cup blueberries

Mix the flour, Truvia, baking powder and salt. Mix the egg replacer together and let sit 5 minutes. Mix in the eggs, almond milk, zest and juice to dry mixture and mix until combined. I add the blueberries once I put the pancake in the pan, that way the pancakes don't turn purple. Cook 2-3 minutes per side.

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# BUFFALO CHICKEN STUFFED SWEET POTATOES

This next recipe really isn't much of a recipe. I am a columnist for our local Daily Herald Paper. It doesn't pay any money, but it could be good exposure in the long run. I am just thrilled to see my name in print and I know if my husband were alive he would let everyone know that we met.

I remember when my blog hit 1 million page views (it took a few years) and he would say "did you know my wife is a famous food blogger - ONE MILLION page views!" I am not sure he even knew what a pageview was, but he was my biggest fan and cheerleader. He always told me that the only one holding me back on doing anything was myself. Wise words!

My next column isn't coming out until the end of July or August, but the theme is chicken breast four ways. I spent \$1.99 on a pound of chicken breasts (side note: if you see a giant pack of chicken breasts and that's more than you'll need, ask the butcher to weigh out one pound and repackage it for you - I've never had a butcher at any store say no to that request).

I am still on pantry/fridge/freezer meal planning. Last week I spent a whopping \$16 on groceries. This week I spent \$31.95.

I had sweet potatoes that needed to be used up and used 4 ounces of my one pound of chicken to make these buffalo chicken sweet potatoes. SO GOOD! I swear if you think you don't like sweet potatoes, give this one a try - its the perfect balance of sweet and spicy and I am forever and always a fan of buffalo anything.

## INGREDIENTS:

- 1 sweet potato (about 8 ounces each)
- 4 ounces chicken breast
- 1 tablespoon Frank's hot sauce
- 1 teaspoon grapeseed oil
- 1 tablespoon crumbled blue cheese
- 1 tablespoon whipped cream cheese
- 1/2 ounce part-skim mozzarella cheese
- 1/2 teaspoon ranch dressing seasoning
- Chopped cilantro for garnish

## INSTRUCTIONS:

I used my air fryer to bake my sweet potato at 400 degrees for 20 minutes. Let cool slightly. While the sweet potato bakes, simply cook the chicken in a skillet with the grapeseed oil for 3-4 minutes, remove from heat and toss in the hot sauce. To build your potato: Slice potato open, fill with cooked chicken, top with the whipped cream cheese, mozzarella and blue cheese and broil for 4-5 minutes until browned and bubbly. Garnish with Greek yogurt as sour cream, more buffalo sauce and chopped cilantro.



## Life

Hannah and Jacob moved out six weeks ago already. That went by so fast! I have now officially, at age 52, lived the longest I've ever lived by myself!

I went from living with my parents, then moved in with my twin sister (follow her too on IG - jenncooks), then I had Hannah, moved back in with my parents, then bought a two flat with my sister and her husband, to living with my husband. Whew!

The house I live in now (just hit 19th anniversary of living here!) is only the 5th place I've lived my whole life.

It's quiet. I like being able to get bizzy in my kitchen at 7:30 in the morning on a weekday, or even a weekend, and not worry about waking Hannah and Jacob up.

But on Friday night, when I was just watching my shows, I realized how much I missed having Rummy and Roman as my snuggle buddies. They would hang out with me at night.

Upon better judgment, I signed up to adopt a dog. I saw that picture below of Lulu and my heart melted.

Of course, I haven't heard back from the agency and when I looked back at the website, Lulu's picture was already removed. If I do adopt, I would want another Boston Terrier, they are such great dogs. My husband and I had a black lab, but it was almost 80 pounds!

So who knows what will happen?! But if you know of anyone who has a Boston that needs a home - let me know! Until next time,  
Be Well, Be Fearless, Have Hope! Love, Biz

