

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



MY BIZZY KITCHEN COOKBOOK UPDATE!

The Cookbook is coming along nicely! I've spent the last two weeks updating photography on older recipes you guys have never seen, recipe testing new recipes for you and I am loving how it's looking so far.

Soon I'll be able to provide the recipes to my friend Morgan so we will have not only the points on all three plans, but the nutrition of each recipe if counting calories and macros is your thing.

It's killing me not to show you what I am working on, but I promise it will be worth the wait.

Once we finish the page count on the eBook, I can then get a quote to my printer who will then be able to tell me the cost on the eCommerce of the book. I really hope to provide hard copies to everyone who wants one, but I still think I will limit the signed/personalized copies to 50 this round.

I have my second meeting with my Creative Director (aka Hannah my daughter!) later tonight to check on our timeline etc.

Thank you for your continued support for this Cookbook!



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CARAMEL APPLE PIE BITES

I've been working with Safe + Fair for almost a year and a half, and every time they come out with a product I declare it my favorite.

Their Honeycrisp Apple Pie granola is so good. Once you open the bag you will wish that the smell can be shaped into a candle so you can smell it all day long.

Once fall hits it's all I can do to not buy the giant caramel apples and apple pies in the grocery stores. I looked it up and most caramel apples are between 18 and 35 points each!

So I combined the best of both worlds and made these caramel apple pie bites. So good!!!!

The base of these pies is my [skinny pizza dough](#). If you haven't figured it out by now, this is going in the cookbook too.

For each pie:

- 1 ounce skinny pizza dough
- 1 slice honeycrisp apple
- 1 tablespoon Safe + Fair honeycrisp apple granola
- 1/2 teaspoon coarse sugar
- egg wash
- 1 tablespoon greek yogurt
- 1/2 teaspoon cinnamon sugar
- 1 teaspoon sugar free caramel sauce

Roll the dough out just larger than the apple slice. Bring the dough up over the apple creating a crust. Do this on parchment paper so you can lift it to the air fryer.

Brush with egg wash, sprinkle the granola and sugar over the crust and bake at 360 in an air fryer for 15 minutes. Cool slightly and mix the yogurt and cinnamon sugar and put that in the middle, and drizzle with sugar free caramel



You can check out all of [Safe + Fair's](#) products here. They make food allergy safe snacks at a fair price - use my discount code Biz20 to save 20% off your order.

If your order is over \$35 after my discount, you'll get free shipping too!

Each caramel apple pie 3 WW points on all plans, or 109 calories, 18 carbs, 1 fat and 4 protein.



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Life

I adjusted my work schedule so I clock out at 4:00 p.m. for a couple reasons.

One is to use up vacation time before the end of the year and second is that as we get further into September my daylight hours dwindle as well.

This will allow me to do more food photography before it gets too dark after work.

Last week was rainy from Tuesday through Saturday. I missed my bike riding.

I forgot that last time I biked I noted that I needed to fill the back tire. It wasn't until I was 2 miles in that I wondered why it was hard to get going - the back tire was half way deflated! But I stuck with it. Even after a mile I got stung in the neck by a bee.

I ended up doing a PR of 14.1 miles. The moral of the story is that shit is always going to get in your way, you just have to move on in spite of it.

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



Biz Athlete

🚴 Today at 12:30 PM

Bee sting and low tire

Don't give up when it gets tough 🥰

Distance	Elev Gain	Time
14.12 mi	324 ft	1h 40m



Congratulations, this activity is your longest ride on Strava!



My friend Mary posted on IG something that I wish I had written.

Basically it says that "no one can change your life but you. . . .no program, no coach, no workout, no way of eating, no relationship. No one can do it but you."

It's easy to blame the things around us for not getting us to goal. And this year there have been plenty of reasons.

You have the time to put into yourself. Just check your iPhone to see how much screen time you have each day, and I think you'll find the time, if you are willing to put in the work.