

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



SPRING IS COMING!

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!

Last week we had temps in the 50's and what a world of difference that makes for me! I feel like I am coming out of hibernation!

I walked just shy of 30 miles this week. Just something about the fresh air that makes me so happy.

On Saturday I straightened up my front deck and brought the leaf blower and got all the pine needles off the deck. I wiped down the seat cushions and wiped down the glass on the tables and it makes me so happy that I will be able to enjoy that outdoor space again.

I've lived in my house for nearly 20 years and we hardly ever used the side deck - so sad I didn't enjoy it when my husband was alive.

I am also going to ignore the fact that it's snowing right now as I type this. ☹️



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OAT AND NUT BREAD

Do you ever see a recipe on IG, Facebook or online that stops you in your tracks and you think "I need to make that!" That's what happened when I saw [Ambitious Kitchen's whole wheat sunflower oatmeal bread](#).

Only a few problems, I didn't have all the ingredients, so my version is inspired by Monique's recipe. I also reduced the rising to only 90 minutes (45 minutes at a time) because I was impatient and I don't think the extra 30 minutes would have mattered in the end.

- 1.25 cups unsweetened cashew milk
- 3 teaspoons yeast
- 1 tablespoon honey
- 3/4 cup rolled oats
- 2.75 cups self-rising flour
- 3 tablespoons light butter
- 1/4 cup nuts of choice (sunflower - I used a [keto mix](#) that had unsweetened coconut flakes and mixed nuts)
- 3 tablespoons poppy seeds
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 egg yolk mixed with teaspoon water for egg wash

Put the milk in a 4 cup glass container and microwaver for 1 minute and 30 seconds. Stir in the oats, yeast and honey and let sit for 10 minutes. Melt butter and let cool.

In a large bowl mix the flour, poppy seeds, alt and cinnamon. Add in the milk mixture and butter. Mix until combined and knead for 8-10 minutes. Place in a bowl and let rise for 45 minutes.

Heat oven to 375. Mix the egg yolk and water. Spray a loaf pan with avocado oil spray and transfer dough from bowl into the loaf pan. Let rise an additional 45 minutes.

Brush the loaf with the egg wash, and press in the nuts on top of the loaf. Bake for 35 minutes. Let cool completely before slicing.

Thank you Monique for the inspiration!



I made this 10 generous servings, it's 5 points on all WW plans or if you count calories or macros
192 calories, 4 fat, 33 carbs
2.2 fiber and 5.6 protein
A lower point bread option would be my [skinny pizza dough naan](#)



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LIFE

Last Sunday I told myself to wake the hell up. My mantra last week was "do better." And that's what I did. I tracked every.single.day on the WW app and the Loselt app. I was over points for the week by 20 (I am on purple). But I was under my weekly calories by 1225. I lost 3.6 pounds, but this was for two weeks.

Every morning when I woke up I told myself "do better." I walked every day. Went to bed with a clean kitchen 5 out of 7 nights (still working on that Hannah!) and I felt good.

Let's see if I can string another successful week to last week to keep the momentum going!

My Mom spent Saturday night at my house for a sleepover. The club she belongs to has an annual gala and this year it was virtual. The chef of the club prepared dinners with the ticket price and it was spectacular - short ribs over saffron risotto with mixed veggies, a side salad and a chocolate chip cookie and chocolate mousse for dessert. Wow it was delicious! I ended Saturday with 52 points spent, but I was only over my calorie intake by 192 so all is not lost. Had I not known how many calories though, my first reaction would be that "I messed up this week, so I'll get back on track next week." We all know that doesn't work!

On Sunday Hannah and Jacob came over for a birthday brunch. It was great to see them and my grandpups too.

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



PHOTOS ON THIS PAGE:

DINNER AND A YOUTUBE
SHOW WITH MY MOMMA

HANNAH AND ROMAN

IJACOB AND RUMMY

