

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



TRAVELING!

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!

One of my long time blog friends lives in Iowa. A couple weeks ago she mentioned being on a panel for a one day seminar geared toward small women owned businesses and I thought this would be a great opportunity not only to support her, but to also network with other people and learn.

This is the first time I've travelled outside of Illinois since November 2019! I think the last trip I took was to my brother and his wife's house for Thanksgiving that year!

Life is slowly starting to feel like normal, or at least a new normal. I'll be headed to Iowa for a quick couple days later this week.

You can follow my friend [Ally on Instagram here](#), or visit her [amazing blog with tons of recipes here](#). That photo was taken the last time we met in 2015!



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MINI BANANA BREAD

I love any type of muffin or fruit bread. My son-in-law used to make fun of me because every time I made muffins he'd ask "is there banana in there?" It didn't matter if it was a blueberry muffin, a chocolate muffin, the answer was always yes. Ha!

I don't mind when I have bananas past their prime because then I can make these mini banana bread loaves.

Makes 4 mini loaves

- 2 bananas, mashed
- 1/2 cup quick or regular oats
- 1/4 cup flour
- 1/4 cup powdered peanut butter (I used PBFit)
- 1 tablespoon baking powder
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1/4 cup Truvia (or other non-calorie sweetener of choice)
- 1 egg
- 1/4 cup unsweetened almond milk
- 28 grams Lily's sugar free chocolate chips

Mix everything together except the chocolate chips and divide between four mini loaf pans. Divide the chocolate chips on top of the banana bread and bake at 350 for 18-20. Let cool before removing from pans.

These are so delicious! If you make them for meal prep, store in the fridge in a zip top bag. Heat your air fryer for 5 minutes at 360, then bake for 3-4 minutes - it will taste as if they just came out of the oven.

On #teampurple these are 3 points each. On #teamgreen and #teambblue these are 4 points each. If you count calories or macros, each one is 198 calories, 5.2 fat, 34 carbs, 5.2 fiber and 7.5 protein.



If you have extra bananas, check out my [banana crunch chocolate muffins](#) - 4 points each on all WW!



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

I am hoping to start a new side hustle. By running my own business I need to diversify my streams of income. I was approached by a company to do online cooking classes and I should be able to announce more details next week after a call later this week.

The premise is that I will teach four classes a month - I'll post the recipes for the month, you can decide which you want to attend via zoom to either cook along or just watch and chat. Those classes will be \$25 each.

If you become a member, you'll get full access to all classes (each one will be recorded to the on demand classes will accumulate) for just \$34 a month.

I was able to attend two classes in the last week just to get a feel for how the classes went. On Saturday I took a sourdough bread class. I was able to purchase her sourdough starter, which was a game changer for me. Check out that loaf of bread I made!

If it all works out, I'll have my classes up and running in May. I plan on doing 1/2 vegetarian and 1/2 with meat. Turns out I need more veggies in my life too - ha!

In the next day or so I'll do a post on my blog labeled:

My Bizzy Kitchen Discount Codes April 2021 and will do a new post every month. That way you can google "my bizzy kitchen discount codes May 2021" etc. to find my code for the month. Until then, see the next page for all my active discount codes this month.

My Mom was finally able to meet her great grandson - glad you had such a fun time Momma!

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

PHOTOS ON THIS PAGE

SOURDOUGH BREAD!

[BLUEBERRY COFFEE CAKE MUFFINS - CHECK OUT RECIPE HERE](#)

[EASTER IN TEXAS - MISSED YOU GUYS!](#)



MY BIZZY KITCHEN DISCOUNT CODES APRIL

Butcher Box is a meat subscription company. They offer top quality meat and you can pick and choose what to get in your box and how often you get it. Right now, new subscribers will get up to 7 POUNDS of meat for free with your first box.

To check it out, [click this link](#) to get the offer. Love the quality of their proteins!

[Joe's Super-Fuzed](#) - don't even get me started on how delicious this herbed oil is. I use it to roast veggies, to drizzle over pizza - a teaspoon is only 1 point on all WW plans. Code is: 12MYBIZZYKIT to save 12% off the 16 ounce until 4/20.

[Petal Sparkling Botanical](#) is a super refreshing sparkling water that is my go to when I am not drinking. Although, side note, it is great with vodka - ha! Use code Biz to save 10%.

Thrive Market is a new one! It is an online shop that has 1000's of products from organic produce, beauty products, supplements. [Use this link](#) to get a free gift with membership - it's \$59.95 per year (average \$5 a month) but most people save \$32 on average per box.

ZeroCarbLyfe - chicken crusted pizza! I know it sounds weird but this is delicious. A pizza crust made from chicken, oil and spices that is 2-3 points for the whole thing on WW. [Use code Biz to save 15%](#). My discount code brings it down to about \$8 a crust and comes frozen. I have a ZeroCarb highlight on my IG to show you how I get a crisp crust.

GoHydrate - I've been using this product for over a year. It is an electrolyte and Vitamin D powdered water enhancer it is literally the only way I get my water in. They have a new flavor CHERRY LIMEADE - which is almost more delicious than my beloved grape flavor. [Use code Bizzy to save 10%](#).