

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



FAMILY TIME

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!



My nephew graduated from college and we had a family party at my sisters house. It's nice that she lives closer to me now.

My nephew doesn't like his picture taken and never has. Even though I begged a few times (knowing the answer will be no!) he did let me take a picture of our feet together, so I'll take what I can get. He's an amazing fashion designer and I really can't wait to see where his career goes. Side note: he did let me hug him about 72 times. 😊❤️

I haven't seen my sisters husbands side of the family for ages so it was nice to catch up with his large family - I want to see my brother-in-laws immediate family including spouses/kids/grandkids is probably 150 people if not more.

My sister has a pool at her new house AND a ping pong table, so the younger generation had a great time. The adults got in the pool after dinner and it was a great day. Thanks for hosting Jenn!



WHAT'S INSIDE THIS ISSUE:

- Salt of the Earth - 2
- Life - 3
- August Discount Codes - 4
- Cooking Class! - 5

CREAMY CHICKEN LEMON AND DILL SOUP

I am still working hard on my cookbook. I keep coming up with more recipes and at some point I am just going to have to stop and save the rest for a third cookbook - ha!

One section is rotisserie chicken recipes. Obviously if you live alone you may not want to buy a whole roasted chicken for yourself, but there are so many possibilities to use the chicken throughout the week.

I had half a lemon and fresh dill and was the inspiration for this soup. It came together in no time. When I finished eating this soup, I texted Hannah and said "I think I just made my new favorite soup!" Which is saying a lot.

Um, I may have more than 14 pages of soup recipes on my blog - you can [check them out here](#).

This soup is for one:

- 1/2 cup diced carrots
- 1/2 cup diced zucchini
- 1 tablespoon flour
- 1 tablespoon light butter
- 3 cups chicken broth
- 1 tablespoon fresh dill
- 1 teaspoon lemon juice
- 1/2 teaspoon crushed red pepper
- 1 cup cooked noodles (I used soba - and that's 2 ounces dry)
- 3 ounces rotisserie chicken breast, roughly chopped

Heat stock pot with avocado oil spray. Cook carrots and zucchini for 5 minutes. Add butter. Once melted, add flour. Cook and stir for one minute. Slowly add the chicken broth. Simmer for five minutes.

Remove from heat. Stir in the lemon juice, dill, red pepper and chicken. Let sit for a few minutes to heat the chicken. Add cooked noodles and enjoy! Feel free to season with additional salt and pepper as needed.



On #teampurple and #teambblue, this soup is 8 points. On #teamgreen, it's 10 points.

If you count calories or macros, this bowl is 358 calories, 9 fat, 38 carbs, 2 fiber and 30 protein.

if you love soup as much as I do, check out my skinny potato soup - only 1 point on #teampurple and 4 points on #teambblue and #teamgreen



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

One question I get asked a lot "Biz, do you ever not like what you make?!" And the answer to that is not that often if I am being honest. 🙄

When you've been cooking as long as I have (which seriously has only been 21 years) you get instincts on flavor combinations and how to troubleshoot along the way so the finished product works out.

Sadly, for baking you won't really know until it comes out of the oven. I tried my hand at making a lower calorie breakfast cookie and while I am close, I am not quite there. My Mom ate one though and thought it was pretty good - but we agreed needs work. Back to the drawing board on that one!

My Mom has an apple watch and I am toying with the idea of getting one. My fitbit on my wrist - the band irritates my skin and it's an older model and a bit clunky. If you have a moment, when you get this newsletter emailed, let me know if you love your apple watch if you have one - thank you!

My Mom spent the night on Saturday - mainly so that she could try out the Brooklinen Sheets and she gave them two thumbs up. I think my coupon code below is only good for a bundle (I got the sheet set, pillow cases and duvet) but a quick google search for promo codes, I found CRIMEJUNKIE to save \$\$ as of writing this newsletter.

Side note: if you like true crime, Crime Junkie is a great podcast!

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



PHOTOS:

CLOSE TO GREATNESS BREAKFAST COOKIES

MY MOMMA LOVES HER APPLE WATCH!

BLUEBERRY COBBLER, ER BUCKLE - RECIPE HERE IN CASE YOU MISSED IT LAST WEEK!

MY BIZZY KITCHEN DISCOUNT CODES AUGUST

Branch Basics is my new obsession! If you've followed me for a while, you'll know that Hannah is the clean freak of the family. Well, not that she's been gone I am left to my own devices. I recently got their premium starter kit and I think I am set on cleaning products for a full year! Best part is that the smell is super clean. Check out the video above on a stained shirt that had been dried dozens of times and it still came out! [Use this link](#) to save 15% off any starter kit (other than the travel size).

GoHydrate - IS BACK IN STOCK! Bizzy is the code to save you 10% - it's the only way I drink water. It has electrolytes AND Vitamin D! [Click here to order.](#)

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 20%.](#) They are now in Mariano's too!

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.

Super-Fuzed oil is back! Use my discount code 12BIZZYOIL to get 12% off. This is the most flavorful seasoned oil and I literally use a teaspoon at a time. Great on eggs, drizzled over popcorn, tossed in grilled veggies - so good! [Use this link via Amazon.](#) New flavors poblano chili oil and shallot are now available and delicious!

LAIRD PUMPKIN SPICE CREAMER!! HOLY BALLS YOU GUYS! If you love pumpkin spice, get these creamers - my discount code gets 15% off the 3 pack ([using this link](#)) plus add BIZ in the discount code box and save an additional 5% - so good! Only 1 WW point!

brooklinen!

I finally treated myself to nice new sheets and OMG! Why have I spent years on crappy sheets? Brooklinen has given me a 15% discount code site wide. I got the classic bundle which includes the sheet set, and a duvet and 4 pillow cases. They are crisp soft if that makes sense and I noticed after a week of sleeping on them, I no longer wake up sweaty! [Biz15 saves 15% and you can check them out here.](#)

nutreat!

Nutreat is my new favorite treat. I used to be team salty all the way, but when I want a sweet treat, I reach for NuTreat. It is line of low glycemic, fiber-rich puddings that have been clinically proven to keep your blood sugars in check while helping your gut health. And they are delicious! [Click this link to try them and get free shipping using code: mybizzykitchen](#)



cooking classes!

Classes are \$20 a class, or for more bang for your buck, you can become a subscriber for \$40 a month to join all four classes, for a 50% savings. [**CLICK HERE TO SIGN UP.**](#)

Even if you are a member, you still need to sign into each class individually.

FAQ:

What if I am unable to attend at the Zoom time? No problem! Every class is recorded and emailed to each person who signs up to watch at your leisure.

Do I automatically get billed if I am a member? Yep! No need to do anything. However you can cancel your membership at any time.

I am not a member, but signed up for a class and realized I can't make it. Can I get a refund? Yes! As long as I have 12 hours notice I can cancel it for you directly. Closer to class time and you can't make it, I can contact Airsubs and get your refund in usually 24-48 hours.

August Classes Are Up!

August 11 - Sprimp! We will be making Thai Shrimp Noodle Bowls, Shrimp and Grits and Shrimp over crispy polenta.

August 18 - Enchiladas! Hannah will be on her own this class as I will be on vacation. She will be making her famous chicken enchiladas with spanish rice.

August 25 - Indian Food! My chicken tikka masala first posted on my blog in 2010! We will also be making vegan pakora (think Indian hush puppies) and bombay potatoes.

And thanks to everyone who still gave us a great review on the last class - much appreciated! We now have **108 five star reviews!**

Hugs, Biz and Hannah