

# MY BIZZY KITCHEN



The Official Newsletter of My Bizzy Kitchen



## THE RIVER

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!

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My Aunt has a river house and it is basically heaven on earth. The town is small, so other than a few restaurants and shops, we basically do three things: play games, swim in the river and eat. It's amazing!

I decided this trip to step back from social media for a few days and it was good for my soul. So often I try to respond to DM's right away, and well it was nice to take a break from that. Since quitting my job last December, I work pretty much 7 days a week - which I love! But it was also nice to hit the pause button and hang out with my family.

My parents moved to Chicago from Virginia in 1964 "for a couple years" for a job for my Dad. Well, they ended up staying here and never moved back. I always wonder what it would have been like to grow up closer to my cousins, but for now, I just enjoy our time together.

I slept in a room with my cousins Brian and Karen, and we remarked that it has probably been 45 years since we slept in the same room at our grandparents house. 😊



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## BANANA CHOCOLATE CHIP SCONES

I've never met a scone I didn't like. My late husband ate his one and only scone on a business trip and vowed never to eat another one the rest of his living days. And he never did. I told him MY scones weren't dry at all but I could never convince him to try one in all the years we were married.

These are a great way to use up bananas that have turned. Side note: if you don't have a really ripe banana, just microwave it in the peel for 20-30 seconds.

2 2/3 cups self rising flour (regular flour is fine too)  
1/3 cup Truvia  
1 tablespoon baking powder  
1/4 teaspoon salt  
1 teaspoon cinnamon  
4 tablespoons I Can't Believe It's Not Butter  
1/2 cup oat milk (any milk works)  
1 egg  
2 ripe bananas  
60 mini Lily's chocolate chips  
1 tablespoon vanilla  
4 tablespoons PBFit Sugar Free (powdered peanut butter), divided

### For the glaze:

2 tablespoons PB Fit  
2 tablespoons powdered sugar  
2 teaspoons oat milk (or any milk) just enough to get to glaze consistency

Heat oven to 425.

Add the flour, Truvia, baking powder, salt, cinnamon and 2 tablespoons PBFit in a large bowl. Toss in the chocolate chips and coat the flour mixture with the chips. Next, add the butter, oat milk, egg, banana and vanilla extract and whisk just until combined – it's okay if the bananas are a bit chunky.

Finally, the wet ingredients with the dry ingredients. Don't freak out on my if you think "the dough is too wet!" It will come together.

Divide dough in half and put dough on two separate parchment papers. Wet your hands and press the dough into a 6-7 inch circle. Place the parchment paper on a cookie sheet or plate and place in your refrigerator for 30-60 minutes. It will be so much easier to cut.

Cut each circle into 8 scones. I baked 8 at a time, so keep the second dough in the freezer until ready to bake. For a soft scone bake 9 minutes, for a bit of a crust, bake 11 minutes. Cool and drizzle with glaze.



On all WW programs each scone is 3 WW points.

If you count calories or macros, each scone is 139 calories, 3.4 fat, 25 carbs, 2 fiber and 3.7 protein

If you love Starbuck's vanilla bean scones, [check out my copy cat recipe - so good!](#)



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# LIFE

When I was younger I thought vacation meant "do all the things!" Go to museums, sight see a new city, etc.

But now I love the vacation that we have at my Aunt's house. It's calm. There is no agenda. Usually we have one meal that's prepared for everyone, but mostly the two other meals are fix what you want. We do a grocery shop at the beginning of the week and usually make another run a few days later.

My Mom and I played lots of scrabble, I learned a new card game called Capitalism. I watched it played a few times and didn't think I would understand it, but once I played a few hands, it was really fun.

The first person to get rid of their cards is the President - next Vice President, all the way down to super scum. Hilarious. I said if I ever got President I would take my shirt off and run around the room. I did take my shirt off (I was wearing a bra!) but I was in the corner and couldn't get out to run around. I've never seen my nieces husband Jon laugh so much. Good times!

My Mom was able to get a four generations photo with her great grandson. Noah is the best baby - he went to anyone and was barely fussy at all. He just turned 9 months! I hope to visit Texas for his first birthday.

My cousin Karen's husband Paul (who is 58!) is training for an Ironman Triathlon in October! He went on many swims in the river and was very inspiring - reminding me that I can do a lot more with my fitness.

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



## **PHOTOS:**

**FOUR GENERATIONS**

**PAUL - FUTURE IRONMAN!**

**ME AND MOMMA - THIRD TRIP THIS SUMMER TOGETHER**

**MY AUNT MARTHA AND MY MOMMA**



## 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!

Hannah got great reviews on her solo cooking class last week. Can't wait for Wednesday night - Indian food! September classes will be posted on August 27, 2021. Stay tuned!

**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 **117 five star reviews!**

Hugs, Biz and Hannah