

# MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



## IRONMAN - MUNCIE INDIANA

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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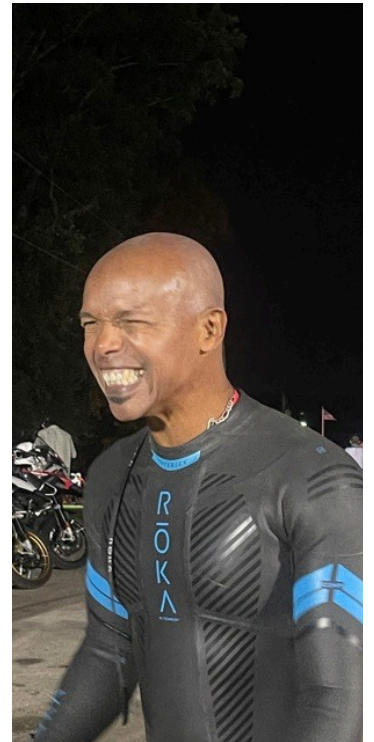


What a whirlwind weekend! Hannah and I had the best time cheering my cousin's husband, Paul, on at the Ironman triathlon in Muncie, Indiana this weekend. We rented an AirBNB in Indianapolis which is close to the airport. We picked up Paul's youngest daughter at the airport Friday night and made our way to the venue and got there at 6:30 a.m. It was enough time to park, get to the swim (which is the first event) and cheer him on.

It was an extremely well run event. Because Paul had a timing chip on him we could track him along the course. We were able to see him get in and out of the water, on and off the bike and the start and finish of the marathon.

What was remarkable to me is that there were all walks of life at this event. Young, old, heavy, short, tall, thin - you name it. But if you put in the time and energy to complete something like an Ironman, it really proves that you can do anything you put your mind to.

I got asked on Instagram "does this inspire you to try this??" Nope! First, I have no idea how I would regulate my blood sugar during an event like that, but it did show me that I could up my exercise routine on a daily basis. So proud of you Paul!!



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## PUMPKIN MAC N CHEESE

If you struggle like I do to eat more vegetables, try this pumpkin macaroni and cheese. I promise this is a savory mac n cheese with just a touch of sweetness from the canned pumpkin. This makes 2 servings.

### Ingredients

- 2 cups pasta of choice, cooked and set aside
- 3/4 cup shredded zucchini, squeeze dried
- For the sauce:
  - 1 tablespoon I Can't Believe It's Not Butter
  - 1 tablespoon flour
  - 1/2 cup unsweetened almond milk
  - 3 tablespoons Alouette sharp cheddar cheese spread
  - 1/2 cup canned pumpkin
  - 1/2 teaspoon Dak's blackened seasoning
  - 1/4 teaspoon garlic salt
  - 1/4 teaspoon cracked pepper
  - 1/2 teaspoon crushed red pepper
  - 1/4 - 1/2 cup pasta water\*

### Instructions

1. In a saucepan over medium low heat, melt the butter. Add in the flour and cook for one minute while stirring so the flour and butter don't brown.
2. Slowly pour in the almond milk and whisk until thickened - about 4-5 minutes. Remove from heat, stir in the cheddar cheese spread, blackened seasoning, garlic salt and pepper. Set aside.
3. In the same pot you used to make the pasta, spray with avocado spray and add 3/4 cup shredded zucchini. Cook the zucchini enough until it starts to get color - about 2 minutes.
4. Add the cheese sauce, pumpkin, the cooked pasta and stir until combined, adding just enough of the starchy pasta water to get your desired consistency of the sauce - I used about 1/3 cup.
5. Divide between two plates and garnish with parsley.

### Notes

I entered this recipe into the WW recipe builder, and each one is 8 smart points. \*whenever making pasta, always reserve about a cup of the starchy water, you never know when you may need it!



Here is another macaroni and cheese recipe - I have one follower on IG that has made this every week for nearly six months! [Here is the recipe.](#)



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

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# LIFE

My cousin Karen needs to get praise too for the Ironman this weekend. Paul spent not only hundreds of hours training for this event, but also lots of money and time away from home. Most weekends it was not uncommon for him to be gone 6 - 7 hours each weekend day, not to mention the early mornings and late nights of training. You are amazing Karen!



It was also great to spend so much time with Hannah one on one. Each car trip was 4 1/2 hours, and we sang, talked and laughed together. We were like Romy and Michelle (one of our favorite movies!).



Paul's family arrived after a LONG car ride from Virginia - even experiencing a tire blow out on the way to the event, but luckily got there an hour and a half before finishing. Paul didn't know that his two sisters, two oldest daughters, his nephew and 81 year old Dad were there to surprise him! That was the best when he realized his Dad made that trip.



On Sunday his family had to make the drive back and Hannah and I went out to lunch at a place called Roosters Kitchen in the east end of downtown Indianapolis. I got the "parents breakfast" which was two eggs, sausage, potatoes and toast. I asked if I could substitute brisket in place of sausage and that was the best decision ever. Great food and the service was excellent.

**PAUL GREGORY**  
Finish Time  
**13:39:40**

**IRONMAN INDIANA**

42<sup>nd</sup> Place out of 84 M55-59  
545<sup>th</sup> Place out of 911 by Gender  
687<sup>th</sup> Place out of 1,740 Overall

Point	Time	Time of Day	Pace
Swim Start	00:00	8:06:27 am	
Swim Finish	1:38:47	9:45:14 am	02:33
Bike Start	09:32	1:48:18	9:54:45 am
Bike Finish	6:18:52	8:07:10	4:13:37 pm
Run Start	06:52	8:14:02	4:20:29 pm
Race Finish	5:25:39	13:39:40	9:46:07 pm
			12:27

**ANYTHING IS POSSIBLE**

We then found a neighborhood flea market and shopped and walked for an hour before heading home. Great memories were made! That's a weekend well spent when you can say that.

## PHOTOS:

**KAREN AND PAUL**

**ME AND HANNAH ♥**

**BRISKET BREAKFAST FROM ROOSTERS KITCHEN**

**PAUL'S FINAL TIME - AMAZING!!**



## MY BIZZY KITCHEN DISCOUNT CODES SEPTEMBER

**Wildgrain** - this is a new brand to me and holy balls is it amazing! I had no idea that you could buy artisan bread and pastry items and cook them straight from freezer to frozen. THESE PUMPKIN CINNAMON ROLLS ARE AMAZING! Yes, I am shouting - ha!

It's a monthly membership, but there is no commitment and they remind you three days before each shipment so you can cancel before you are even charged. [Use this link](#) to get \$10 off your first box + free brioche buns in each box.

**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.](#)

**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!

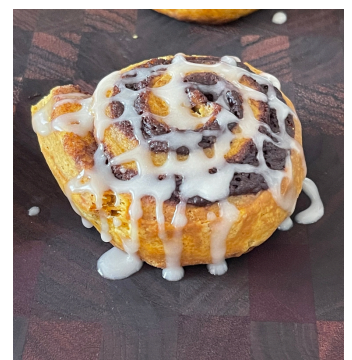
**LAIRD PUMPKIN SPICE CREAMER!! HOLY BALLS YOU GUYS!** If you love pumpkin spice, get these creamers - it tastes just like Starbuck's and you can make it at home for a fraction of the cost.

**Natural Heaven** has a new variety pack out. If you don't know it's zero points on all WW plans and only 70 calories for the whole box. My code BIZ saves 10% of this variety pack - [click here to purchase.](#) I love using it to bulk up my recipes with no extra points.

I also tried their buckwheat pancake/waffle mix and **this is hands down the best packaged mix I've ever tried** - maybe because of the buckwheat?? Each pancake is 160 calories and delicious. [My discount code BIZ gets you 20% off your order of \\$40 or more.](#)

## 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 news!

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.

This past week Hannah and I found out that the platform that hosts our cooking classes is going out of business. While there is an option to move stuff over to a new platform, it seems harder to manage, the cost is more to host, and we have decided that October will be our last month to sign up. We will reevaluate in the new year.

I am going to send a poll out to the members, but for now, I think the only way to save the videos is to put them on YouTube - which would be free, so not sure how you guys would feel about that? Feel free to email us at [mybizzykitchen@gmail.com](mailto:mybizzykitchen@gmail.com) - I have until November 30 to remove the videos from AirSubs.

We are doing Desserts on September 29th! Avocado Chocolate Truffles, Mini Cherry Pies and Blueberry Cream Cheese Tarts!

## **OCTOBER CLASSES ARE UP!**

*SEE THE FOLLOWING PAGE FOR DETAILS*

And thanks to everyone who still gave us a great review on the last class - much appreciated! We now have **138 five star reviews!**

Hugs, Biz and Hannah

# MY BIZZY KITCHEN

## October 2021 Cooking Class



**OCTOBER 6TH: SKINNY PIZZA  
DOUGH COOKBOOK RECIPES!  
FOOD COURT PRETZELS  
CHEEZ SNACK CRACKERS  
CHICKEN & DUMPLINGS**

**OCTOBER 13TH: COZY DESSERTS!  
MINI APPLE PIES  
PUMPKIN SPICED PEANUT BREAD  
PUDDING  
PUMPKIN PIE PARFAITS**

**OCTOBER 20TH: BUFFALO  
BONANZA!  
BUFFALO CHICKEN CHILI  
BUFFALO CHICKEN BOMBS  
BUFFALO CHICKEN PIZZA**

**OCTOBER 27TH: VEGGIES!  
CAULIFLOWER MAC N CHEESE  
SCALLOPED POTATOES**

# Come Travel with Me!

Some of you may know that I am traveling to Italy with my Instagram friend Ed in June of 2022.

The same travel company reached out to me to host a similar trip in 2022 - most likely the fall of 2022.

But I need your help! Are you interested? Where would you want to go? What would your budget be? Helping me answer these questions will help put together an amazing trip.

Once I have the results of the survey we can get into further details in the months to come. How fun would that be to travel and get to know each other better, and eat amazing food?!

Please [click this link](#) to fill out the survey - thank you!

