

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



IDAHO!

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!



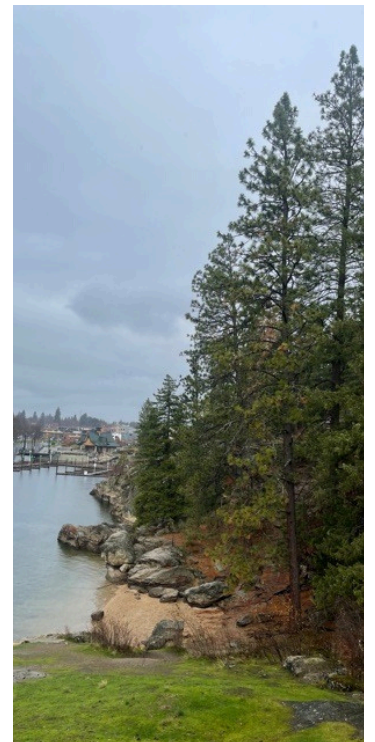
I've had people send me requests to do a special happy birthday video for followers before. Six weeks ago I got a request to FLY to Idaho to surprise one of my followers for my birthday.

I thought all of about five minutes and just said "yes!" and within an hour I talked to Chad (Angie's husband) on the phone and my ticket was purchased.

Did I do a deep internet dive on them? Yep! Did they seem like decent people? Yep!

They had me stay in their Airbnb, which literally has an indoor salt water pool in the middle that was amazing. Their private residence was to the left, the Airbnb rooms were to the right, and the pool and hot tub are communal.

Chad had invited two of his college friends in for the weekend and a good time was had by all. Thank you Chad for making this surprise happen and I know Angie and I will be life long in real life friends going forward. My details on page 3 below!



WHAT'S INSIDE THIS ISSUE:

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DELICATA SQUASH SOUP

It's still not too late to find delicata squash in your local grocery store. They have a super long shelf life. Simply store in a cool dry place (such as a pantry) and they will last for 2-3 months.

This soup was so easy because after roasting the squash and carrots, a high speed blender does all the work.

Prep Time: 5 minutes

Cook Time: 30 minutes

Serves: 4 servings

Ingredients:

- 1-pound carrots, peeled
- 1 teaspoon avocado oil
- 2 teaspoons brown sugar
- ½ teaspoon crushed red pepper
- Salt and pepper
- 1 medium sized delicata squash
- 1 tablespoon giardiniera
- 2 cups vegetable broth
- 2 cups oat milk
- Optional: herbed oil drizzle

Heat oven to 400. Toss the carrots, avocado oil, brown sugar, crushed red pepper, salt and pepper. Lay on a baking sheet. Place the delicata squash whole next to the carrots and bake for 30 minutes. Both the carrots and squash should be fork tender. Let cool.

Slice the delicata squash open. Scoop out the seeds. Slice into bite sized chunks. Add the delicata squash, the cooked carrots, giardiniera, vegetable broth and oat milk to a high speed blender and blend until smooth, about five minutes.

If you can't find giardiniera (a spicy pickle blend readily available in most grocery stores in Chicago) add some cayenne pepper, jalapeno, or even canned chipotle peppers to balance the sweetness of the carrots and squash.

Not only is this delicious, but it's also vegetarian and vegan. Perfect for a cold chilly night with some crusty bread.



As of today, the WW program has changed. [This link will allow you to add this recipe](#) to your tracker, as long as you have the WW app. For me, one serving or 1/4 of this pot is 3 WW points.

Going forward, I'll be putting these links on my new recipes on my blog, and will slowly be adding them to older posts as well. That seems to be the best solution for now.

Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

I have not made my way to the west coast that often. In fact, I've been to California once and other than that, the furthest west I've been is Texas!

Northern Idaho is gorgeous, and I already can't wait to go back in the summer.

Angie and Chad have a beautiful 20 month old daughter, who reminded me a lot of Hannah when she was that age. On Saturday morning I babysat and Logan and I rolled out lots of dough - using an empty wine bottle as a roller. She kept saying "more flour!"

Thursday night, the night arrived, I made pizza for the group. Chad had two college friends in town and Angie invited a couple of other friends and it was a lot of fun.

We had a babysitter both Friday and Saturday night so we hit the town both nights. And both nights we came home and hung out in their indoor pool and hot tub and it was just so much fun.

Saturday was Angie's birthday so we went on a fancy dinner. For one of the appetizers we had this amazing brussels sprouts dish that I hope to recreate. So good!

So my leap of faith turned out to be great that I wasn't going to get murdered by strangers! I plan on doing a fuller recap on my blog soon - stay tuned!

And I've already gotten over a dozen requests to visit different parts of the state. How fun!

Thanks Angie and Chad for your hospitality!

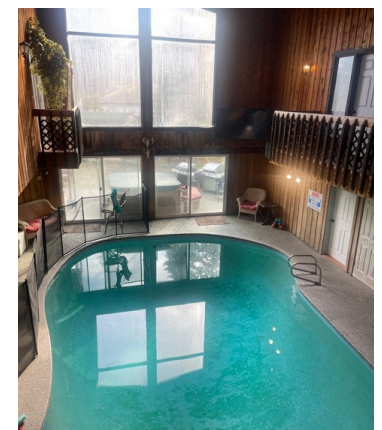
PHOTOS:

LOGAN ROLLING OUT DOUGH

ANGIE AND CHAD

THE INDOOR POOL!

BRUSSELS SPROUTS FROM BEVERLY'S



MY BIZZY KITCHEN DISCOUNT CODES NOVEMBER

Beekeeper's Naturals - I love their B. Immune Throat Spray. I use it four times a day - twice when I wake up and twice when I go to bed. It's travel size and perfect for on the go - whether in your car, at the airport or anywhere! mybizzykitchen25 gets 25% off your order using this link.

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!

BRANCH BASICS! I am shouting because they have become my favorite cleaning products. They provide a concentrate, and they tell you how much concentrate to add to your spray bottles - from all purpose, to bathroom, etc.

The window/mirror streak free cleaner is crazy. You only need ONE DROP of the concentrate for the whole sprayer. I cleaned the shelves of my refrigerator and my fridge has never looked cleaner.

I also used it for the doors of my wood burning stove. I had forgotten there was an etched drawing in one of the doors! I just sprayed the streak free cleaner and let it sit 10 minutes, and it wiped away like butter. (see the before and after in the side bar!)

[Use this link](#) and my discount code to save 15% off the starter pack (other than trial) and thank me later. You'll love this stuff! Discount code: mybizzykitchen

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](#)



COME TO GREECE WITH ME!

It's official! I will be going to Greece on
October 13 - 20, 2022
and I want to take you with me!



[Here is the official link](#) to get all the information from trip details, refunds, COVID restrictions, etc. If you have any questions, please shoot me an email at mybizzykitchen@gmail.com