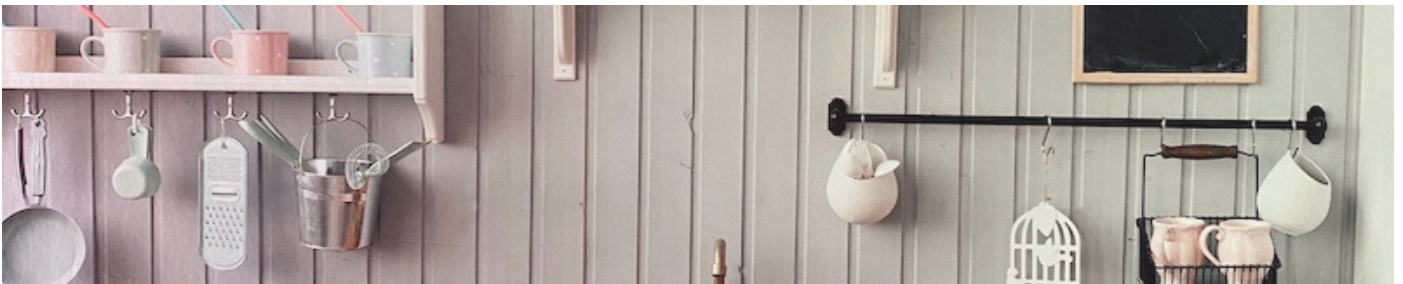


MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



MICHIGAN!

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!



Last week my Mom called me and asked if I wanted to get away for the weekend. Friends of hers have a second home in South Haven and no one was using it this weekend and they said we could have it. She asked me "should we do it?" In life, if stuff like that happens to you, don't second guess it, just say yes!

We have had so much fun. We went swimming, blueberry picking, shopping and eating - all the good stuff. The weather has been absolutely amazing. Low 50's overnight and in the low to mid 70's during the day. Today we will finish our trip with a sail boat ride.

It is so easy to get caught up in work and not take a break. Because I work for myself I feel like I always have to be doing something, but life had a way of telling me to let it go for a few days and it's been great.

This was our second getaway this summer and we are set to go to Virginia together later this month.



WHAT'S INSIDE THIS ISSUE:

Salt of the Earth - 2

Life - 3

August Discount Codes - 4

Cooking Class! - 5

SALT OF THE EARTH

No new recipe this week, but I have a restaurant review! So many people suggested Salt of the Earth in Fennville for dinner. Luckily I checked it out before we went because that place was busy. We looked up the population of Fennville and it is like 1500 people!

They had a bread board for \$2. Yes please! We also ordered the phyllo wrapped brie for an appetizer - so good that was oven baked - with pecan, basil and chili jelly.

Mom got the hangar steak with potatoes, broccoli, onion with a chimichurri.

I had to try their wood fired pizza and it did not disappoint. Our server Aaron said that everything that could possibly be made from scratch was, including the ketchup! My "little pigs" pizza: finocchiona – sausage – pepperoni – aged cheddar – red sauce was amazing. The sausage was so flavorful and at first I was going to substitute the aged cheddar for mozzarella, but decided to eat it as it was suggested and it was so good.

Dessert was this lemon cake, almost tasted like a lemon olive oil cake, with lemon curd, fresh berries and fresh whipped cream. We both said we probably wouldn't finish it, but minutes later we were fighting each other over the last bite.

This restaurant was about 25 minutes from the house in South Haven. I think it would be about 10 minutes from the Saugatuck/Douglas area.

If you happen to be in that neck of the woods, I highly recommend this restaurant. Side note: I almost ordered the ZA'ATAR ROASTED CAULIFLOWER: tomato – zucchini – broccoli- white bean- cilantro raisin chutney- herb soy 'crema' but last minute changed my mind. The table next to us ordered it and I asked if I could take a picture because I want to recreate this one at home. Doesn't that sound good?!



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

How is it August already? This year is flying by and before you know it I'll be pulling my snowmen from the basement and decorating for Christmas.

I am so happy this weekend fell into our laps. It makes you stop and enjoy the little things that get taken granted for every day.

My Mom and I enjoyed sipping coffee on the front porch. We played several games of Scrabble - she and I are both competitive when it comes to that game and well, let's just say she dominated the series.

BUT I did get a 7 letter word and we both can't remember the last time either of us were able to do that.

And the sunsets. Wow. The sunsets were just after 9 p.m. and we would walk down the gravel path to the water and just sit and watch. Feel the cool breeze across our faces and just really connect.

Life is so short, that if you don't pay attention, it will pass right by. That being said, you have to intentionally pay attention. So that's what we will continue to do - MAKE the time to slow down. Be intentional and enjoy all that life has to offer.

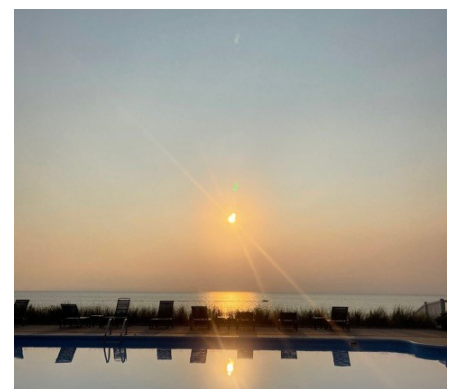
I am blessed to be able to spend so much time with my Mom.

So fun hanging out with you Momma - until our next adventure! I love you.

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

PHOTOS:

**LEMON CAKE WITH LEMON CURD - SALT OF THE EARTH
BLUEBERRIES! I PICKED NEARLY FIVE POUNDS
THE SUNSETS - GORGEOUS**



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!

This Spanish olive oil is literally the best tasting olive oil all by itself. My IG friend Judy just won a whole years supply! I do have a discount code: Biz to save 12% on your order. [You can use this link here](#) - the price point is amazing too!

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 4 - Chicken Souvlaki Pita Sandwiches - we will be making chicken souvlaki, pita out of skinny pizza dough, hummus, ranch and fries.

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 97 five star reviews!

Hugs, Biz and Hannah