

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



COOKBOOK #2 COMING ALONG!

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!



This week has been so busy but you wouldn't know it because I am still working on my second cookbook. I've even had a few people reach out to me and ask "how come your blog doesn't have many new recipes?!"

It will be worth the wait. I am loving how the cookbook is coming along. It's turned out a bit different than I initially planned, but I think it's even better. In the photo to the right - my shrimp and green bean stirfry - so good and low carb too!

After spending two weekends away, it was nice to regroup by myself this weekend. I saw Hannah and Jacob a couple times - I did a Costco run and are you a true parent if you don't stock up for your kids when you go shopping?

I have my foot doctor appointment tomorrow. My wart removal (gross I know!) is still not close to healing and it hurts to walk. I try to keep it uncovered sometimes but then I run the risk of getting something in it. I'll be interested to see what they say - I'd love to be able to walk properly on my left foot again. Although there are worse world problems, right?!



WHAT'S INSIDE THIS ISSUE:

Cornbread for a Crowd - 2
Life - 3
October Discount Codes -4
Cooking Class! - 5

CORNBREAD FOR A CROWD

I am not sure there is a great recipe out there for a low point cornbread. Most cornbread recipes have loads of sugar and while this isn't the low point, it is delicious and pairs well with my [buffalo chicken chili](#) - just sayin!

My trick is to use canned cream corn - which I know adds more points, but it keeps the cornbread super moist.

This makes a big sheet pan worth - 16 servings per batch.

2 cups self-rising flour
2 cups yellow cornmeal
1/2 cup sugar
1 teaspoon salt
2 cans canned cream corn
2 eggs
1 cup unsweetened milk (I used oat milk)

Heat oven to 425.

Mix the flour, cornmeal, salt, sugar together. If using regular flour, add 2 teaspoons baking powder. Mix together.

Mix the canned corn, eggs and milk together. Add to dry mixture and mix just until combined.

Pour into a large baking dish - I used one of those disposable ones from the Dollar General. Bake for 22-25 minutes.

Once a month I cook for an organization called InZone - you can [find out more information here](#). I feed 10 teenage boys and their foster parents, so I like using the disposable containers so they don't have to worry about getting a dish or container back from me.

I am happy that my schedule allows me to volunteer like that, and after my second cookbook comes out, look forward to finding out more opportunities in 2022. I'd love to find a soup kitchen or something like that to give back.



If you want to check out a low point bread - here is my [mini banana loaves](#) - so good!



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

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Thank you to the almost 200 of you who filled out my survey for travel in 2022!

After the review of the survey, the most popular spot to travel was GREECE! Italy was a close second.

It's weird that I've only been to Canada my whole life and next year I'll be traveling abroad not once but twice!

If these trips work out, I'd love to do a domestic destination and international destination every year. Time will tell!

I hope to have the pricing details this week and will post them on Instagram when I get them. If you are interested, I know the first 10 people to sign up get a bit of a discount, and you only need to put 25% down to start. Stay tuned!

This week I posted a round up of my top 10 chicken recipes on my website - [you can check that out here.](#)

My timehop showed me that my friend Erica and her husband Dan moved from Chicago TWO YEARS already. She tried to sell as much stuff that they couldn't take with them, and they were left with their outdoor furniture. At some point Erica said "whoever gives me the highest offer - sold!"

I joked and said I'd pay \$1 and she let me take it! So blessed. My husband and I never had comfy furniture on the deck when he was alive. In the summer it's like an extra living room. Love.

Until next time!

PHOTOS:

PERFECT WHOLE CHICKEN - RECIPE IN ROUND UP LINK ABOVE

OUTDOOR FURNITURE

PUMPKIN SPICED BREAD PUDDING IN NEXT COOKING

CLASS THIS WEEK!



2 YEARS AGO



MY BIZZY KITCHEN DISCOUNT CODES OCTOBER

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!

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 - 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!

This week is Cozy Desserts! Wednesday, October 13

And thanks to everyone who still gave us a great review on the last class - much appreciated! We now have **141 five star reviews!**

Hugs, Biz and Hannah