

# MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



## HAPPY HOLIDAYS!

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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Happy Holidays!

This month is flying by - only 10 days until the end of 2021 and what a year it has been!

In two days it will be ONE YEAR that I quit my job to do what I love, and I am happy to say that my first year went well. So many learning curves, but guess what? No one knows what they are doing when they first start out something.

I'll be spending Christmas Eve with my daughter and her husband and his family, and on Christmas Day at my Mom's house with Hannah and Jacob and my twin sisters family.

One of the perks of being my own boss was taking the day off last Friday to help my Mom make her homemade gifts from the kitchen and get her boxes packed up to ship to family. I can't remember the last time we cooked all day in the kitchen (other than her chili night at church - hope that comes back next year!) and it was a fun day.

I hope whatever you celebrate, you have a warm home, food to put on your table and have family and friends near.

Thank YOU for your continued support this last year. It means more to me than you'll ever know.



### WHAT'S INSIDE THIS ISSUE:

Sweet and Spicy Nuts - 2

Life - 3

December Discount Codes -4

Come to Greece with me! - 5

## SWEET AND SPICY NUTS

If you are looking for a quick gift from your kitchen for a neighbor or hostess, look no further than these sweet and spicy nuts.

The secret to the crispy coating is 3 tablespoons of egg whites. Once whipped, you add the seasonings and nuts of choice and just bake at 300 for 30 minutes. They are not overly sweet or overly spicy.

Ingredients:

3 tablespoons egg whites, whipped  
2 teaspoons cajun seasoning (or seasoning of choice)  
1/3 cup brown sugar  
2 tablespoons coarse sugar  
2 cups mixed nuts (I used a combination of almonds and cashews).

Side note: Aldi has the best prices on nuts - thanks for that tip Momma!

Instructions:

Heat oven to 300. Whisk the egg whites until you get stiff peaks. Stir in the cajun seasoning, brown sugar, sugar and mix until combined.

Toss in the nuts and place on a parchment lined cookie sheet and cook for 30 minutes, stirring halfway through.



If you are looking for something else to make from your kitchen, [please try my biscotti recipe](#) - it's so good!



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

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## LIFE

The temperatures have finally felt like winter this last week. Still no sign of snow - in fact we may break a record for the longest time between snow falls. Our last snow was in March!

I've got my wood stacked in my shed, and have been enjoying my wood burning stove. I am so happy that this house came with that stove.

I had dinner at a friends house. We made homemade pizza and played Scrabble - it was so much fun.

Although my friends husband wasn't used to getting beat. I am a bit competitive when it comes to games and I wasn't messing around. I expect he'll want another challenge the next time I visit.

I know have ten people signed up for our trip to Greece in October 2022! I can still take up to 10 more people, but needed at least 10 to make it a go. I am so excited! If you have any questions - please let me know.

My Mom made homemade thin mints as one of her cookies to send to families. It's so easy - ritz crackers, dipping chocolate and mint extract. [You can find the recipe here.](#) They somehow taste like the real deal!

I was down 1.6 this past week. Monday's are my new weigh in days. I switched it from Saturday's because I found I ate like an ahole over the weekend and then somehow "catch up" if I was "good" Monday through Friday. Just changing up my mindset. My goal is to at least maintain my weight these next couple of weeks.

I will be tested though - I just got Chex Mix in the mail from my aunt and brother's family! It's so good



### PHOTOS:

*Wood burning stove*

*Always up for a game of Scrabble*

*Copycat Thin Mint Cookies*



## MY BIZZY KITCHEN DISCOUNT CODES NOVEMBER

If you have been on the fence about Butcher Box, from now until December 26, you get 1 pack of bacon for free in every order for the life of your membership AND save \$20 off each box for the first 5 months of membership!

To claim that offer, [click here](#).

**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](#).

**HuKitchen** Chocolate Gems are some of the best chocolate I've ever tasted. Right now you can save 20% using code Biz on the variety snacking gems in these flavors: salty, mint and simple. So good for snacking when you have a sweet tooth or add them to your baked goods. [Click here to order](#).

**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!

I will be going to Greece on

**October 13 - 20, 2022**

and I want to take you with me!

***TEN PEOPLE HAVE ALREADY SIGNED UP!***



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](mailto:mybizzykitchen@gmail.com)