

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen

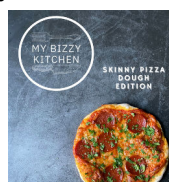


MOMMA WEEKEND

If you are new here - welcome! I have a cookbook that published! You can download a copy, you can enter this into your browser:

<https://gumroad.com/mybizzykitchen>

We thank you for your support!



My Mom came for the weekend and it was such a nice time. We went grocery shopping, played Scrabble and had Hannah and Jacob over for Sunday dinner.

I realized after I had coffee, water and breakfast that I never weighed in on my usual weigh in Monday. Having my Mom here threw me off my routine, but it doesn't matter.

I know I've continued to make better choices each day for the month of January and not matter what that final weight loss for the month is, I know my body feels better.

I am getting 8 hours of sleep, drinking my water, no alcohol, getting in movement each days - those are the building blocks of my new habits that I have kept going since December 26, and I know if I just have to keep that train going in the right direction.



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VEGAN PITA BREAD

While you can certainly make pita bread with my skinny pizza dough, I have my vegan friends out there that can't enjoy it because of the Greek yogurt.

These pita breads are so light and fluffy! You'll love them.

[Click this link to see what they would be on your WW plan.](#)

Prep Time: 15 minutes Cook Time: 20 minutes

Ingredients

- 2.5 cups flour
- 2 teaspoons yeast
- 1 cup hot (not boiling) tap water
- 1/2 teaspoon sea salt
- 1 tablespoon coconut oil, melted and cooled slightly.

Instructions

1. Add water and yeast together in a stand mixer and let stand for 5 minutes. Add the remaining ingredients and knead for 8 minutes. Cover the dough with a damp cloth (I proof my bread in my microwave all year round) and proof the bread for 1 hour, or until doubled in size.
2. I made 16 pitas out of this recipe (each dough ball is 1.3 ounces), alternatively, you could make fluffier and thicker ones and make 8 pitas, but then each is 5 smart points.
3. Roll out the dough, and using a cast iron or non-stick skillet, cook each pita for about 2-3 minutes per side. These freeze great too!

Notes

The prep time includes the kneading of the dough in the stand mixer.



[You can check out my other vegan recipes here,](#) like this orange tofu - so good!



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

I happened to stumble upon long stem strawberries at Walmart of all places. If you are looking to make a Valentine's treat without a huge price tag, buy some melting chocolate at the grocery store (usually around \$2) and a container of these strawberries (\$6.59) and make your own.

Simply melt the chocolate in a container in the microwave in 30 second increments until they are done, then roll the strawberry in the chocolate and you could even add sprinkles if you wanted to make it more festive. Set on parchment paper for the chocolate to harden, which takes less than 10 minutes.

Mom and I always play Scrabble when we are together and this tournament she was the winner. It's the first time that either of us have seen anyone use a 7 letter word that covered TWO triple word scores and that would be my Mom who played that - with a whopping score of 149.

Mom also made her scalloped potatoes which taste like childhood to me. No formal recipe - just based off the Fannie Farmer cookbook - layers of potatoes, butter, flour, salt, pepper and repeat and top with cheese and bake for 45 minutes. So good.

I also got to catch up with my IG friends Jeffrey and Martin. I hope to visit them in Utah this May which should be so much fun. Please follow him on Instagram if you aren't already - he's gone from 8,000 followers at Thanksgiving to over 75,000 followers today! [You can find his IG here.](#)

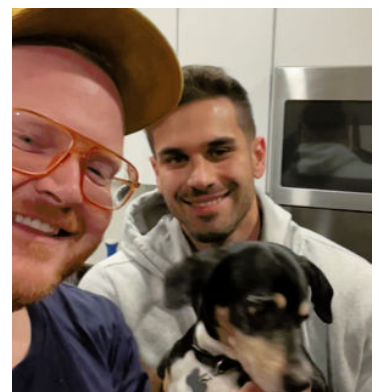
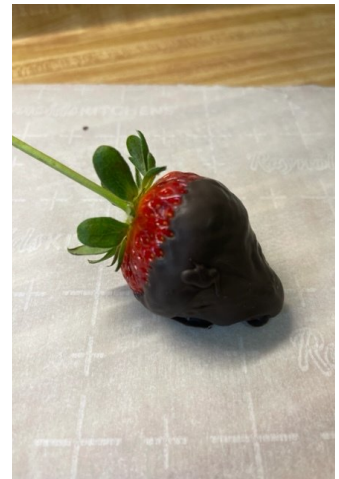
PHOTOS:

Homemade Treats

Epic Scrabble Game

Scalloped Potatoes

Jeffrey, Martin and Leroy their dog



MY BIZZY KITCHEN DISCOUNT CODES JANUARY

GoHydrate - IS BACK IN STOCK!

Bizzy is the code to save you **15%** - it's the only way I drink water. It has electrolytes AND Vitamin D! [Click here to order.](#)

I have my **Magic Spoon** Discount for just 24 hours - use code Biz to get \$5 of your 4 pack variety box. It's low carb, high protein and tastes delicious. I tried the Cookies and Cream today and it was delicious, and even turned my cashew milk into chocolate milk. [Click this link to order yours today.](#)

I found a new to me company called Cooks Venture. It's a subscription based meat delivery service and the first thing I tried was their chicken thighs.

Holy balls - this is literally the best tasting chicken I've ever made at home. And the only seasoning I used was salt and pepper!

Right now through the end of the month, they are giving me a discount code of FIFTY DOLLARS OFF your first order.

[You can click this link](#) and use code Biz50. I am defrosting chicken breast for my dinner tomorrow. If the breast meat is as good as the chicken thigh - I will be a happy camper!

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](#)



WHAT'S IN THE BOX

We proudly ship select cuts of pasture-raised heirloom chicken and pasture-raised meats.

-  Individually-sealed, ready-to-cook
-  Pasture-raised, heritage breeds
-  Non-GMO feed, raised on regenerative farmlands
-  No antibiotics or hormones ever
-  Free shipping

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