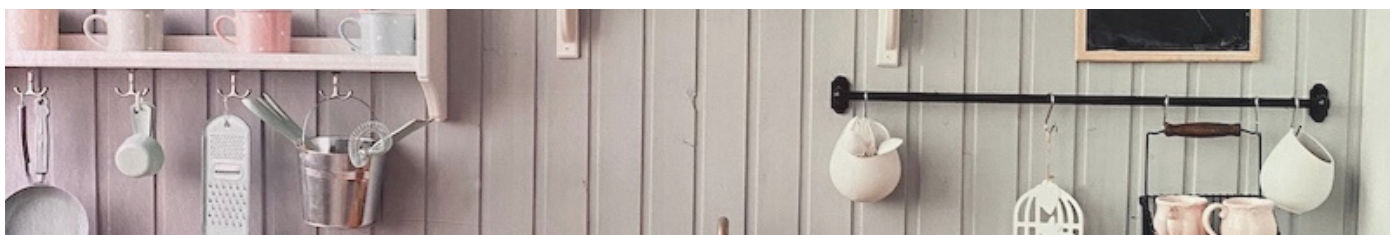


MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen

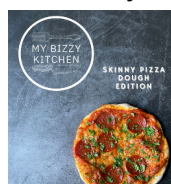


HAPPY BIRTHDAY JACOB!

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!



If you are new around here - hello! Jacob is my son-in-law and he just turned 30! My daughter Hannah turned 30 twenty days before him.

For those of you who don't know, Hannah and Jacob met in the 5th grade. We moved here when Hannah was 9 and in 4th grade. Her one complaint that first day of school was that no one talked to her at the bus stop. She told me if there was a new kid the next year, that should would talk to that person.

That person turned out to be Jacob! She walked right over, struck up a conversation and Jacob went home and told his Mom "I just met the girl I am going to marry." Cue the cuteness!

Fast forward they started officially dating in high school, got married in 2017 and they are the perfect compliment to each other.

And when Hannah decides to start painting a room at 10:00 p.m. on a Thursday, Jacob doesn't hesitate to grab a paint brush.
Happy birthday Jacob!



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AIR FRYER EGG BITES

Anything you can put in an oven you can put in an air fryer. I love the silicone muffin cups. I found them at Bed Bath & Beyond but I am sure you can find them online.

These air fryer egg bites can be so customizable depending on what you have on hand veggie wise. I used a spicy salsa so I didn't need any additional seasoning, but you can adjust to what you have on hand.

For four egg bites (2 servings)

- 1 cup fresh spinach, chopped
- 4 tablespoons salsa
- 4 eggs
- 1 ounce cheddar cheese, divided

Heat air fryer to 360 for 5 minutes.

Spray silicone molds with avocado oil spray. Divide the spinach on the bottom of each cup. Add 1 tablespoon salsa, and one cracked egg into each cup, (I scrambled once in the cup because I don't like a runny egg) then divide the cheese over each one.

Bake at 360 for 8 minutes. Let cool 2 minutes before removing. Love that it makes two servings. I simply reheat at 360 for 4 minutes to eat breakfast another day.

On my plan two egg bites is 3 points. [Click here to see what the points would be on your plan.](#)

If you are looking for more breakfast inspiration:

- [skinny_pizza_dough_apple_cinnamon_rolls](#)
- [chia_cottage_cheese_pancakes](#)
- [Elvis_pancakes](#)



My blog is a work in progress, but you can see my [recipe categories here](#).

Slowly adding WW links and nutrition to each post.

I have a quick youtube video for the chia seed cottage cheese pancakes - [you can see that video here](#).



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

I went to Boca Raton last week! It was so last minute. I had to reschedule my trip from Florida. Erica called me on the 19th to wish me a happy birthday and she said "we need to reschedule your trip" and her husband Dan said "how about next week?" Um, okay! Sunday morning I booked the trip and flew out on Tuesday.

It was a working trip, but we did go to a sushi restaurant opening. We only stayed 15 minutes because there were so many people - I've never seen so many women in high heels, plastic surgery and botox in one place in my life. It was like lifestyles of the rich and famous! We ended up going to an Italian restaurant called Tramonti's in Delray Beach. So good!

One tip I can give when eating out when out of town is have a little bit of everything but not a lot of everything. The plate in the first photo is my plate - delicious mussels, salad and a bit of pasta.

Friday we went to our friend Bobby's house for a Facebook Live. We made the most delicious tabbouleh and I can't wait to recreate that for you guys. If you don't follow Bobby he has tons of videos on YouTube. You can check him out here. I also met his daughter Rose Honey who is just as cute in real life as she is in her videos. I thought we were going to get together later in the weekend, but it was just the one visit - next time we will cook together more Bobby! And yes, I need that t-shirt. 😊 And how cute is Rose's little kitchen?!

Erica also took me to Sephora and I bought more makeup than I ever have in my lifetime, but it was so worth it. It helped that she was there to guide me through the process. I did a blog post with all the links and tips she taught me for applying makeup over 50. I am 18 years older than Erica 😊

On Saturday night we went to Planta in West Palm Beach. A vegetarian and vegan restaurant that was amazing. The food came out faster than we got our water glasses filled! Once of the dishes I want to recreate is their bang bang broccoli - stay tuned!

Mussels, salad and pasta from Tramonti's
Biz and Erica Night on the Town
Biz and Bobby
Rose Honey's Kitchen
Planta's Bang Bang Broccoli



MY BIZZY KITCHEN DISCOUNT CODES MARCH

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.](#)

OMAX CBD ROLLER. I've been using Omax CBD pain relief roller for a year and a half. It's a topical pain relief that rolls on like deodorant. I have pain in my left knee and right index finger and it takes the pain away within 10 minutes. I apply before bed and when I wake up.

The regular strength has 150 mg of CBD and they now have an extra strength that has 500 mg of CBD. I had a lot of questions asking if you used this product would it show up at a work drug test. The answer to that is no - there is no THC in the roll on.

If you want to check it out, use code Biz20 to save 20% off your order. [Click here to order.](#)

If you like sparkling water, check out **PHOCUS!** It has 75 mg of caffeine, the equivalent to an 8 ounce cup of coffee, but I can drink it in the afternoon or night and it doesn't keep me up. The taste is awesome, natural caffeine from tea, 0 sugar, 0 artificial sweeteners, 0 calories, 0 carbs. [Click here and use code Biz to get a 12 pack for just \\$12.](#)

Safe + Fair is my go to for granola, snacks, protein powder and popcorn. All of their products are free of so many food allergies, including food dyes, and are sold at a fair price. [Use Code Biz20 to save 20% off your order.](#) If your order is over \$40 after my discount, you get free shipping too!

"Craveworthy flavors + clean ingredients. We make food for everyone at an honest price. It's the Safe + Fair promise."

Magic Spoon!

You guys - Magic Spoon now has cereal bars! They are low carb, high protein (13 grams) and are amazing. Use code Biz to save \$5 off your build your own box and add cereal bars to your order - they are delish! [Click here.](#)



COME TO GREECE WITH ME!

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

UPDATE:
12 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