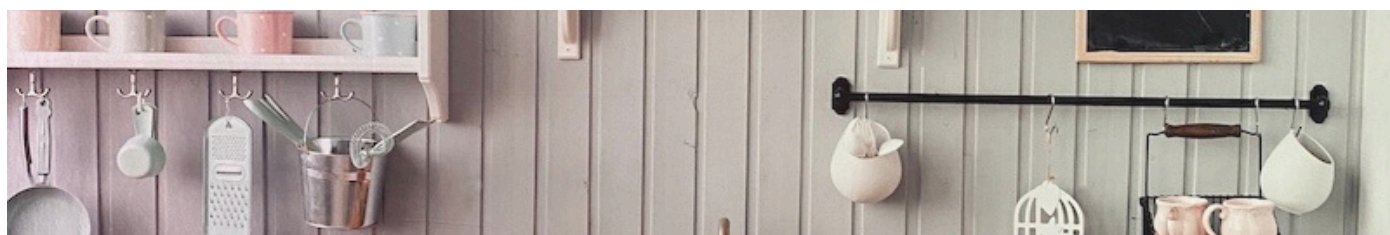


MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



COOKING FOR ONE IS NOW ON SALE!

This cookbook was a labor of love, and I have my brother Charlie to thank for getting us to this point. There would have been zero chance of me figuring out how to make this book not only in print, but to make it compatible in a digital format, with hyperlinks and all that jazz (see how not technical I am?!).

So thank you Charlie for your many, many hours and hours of work on this project. You are basically the best brother evah!

There are three ways to get this cookbook.

Amazon - [click this link](#) and you'll be able to buy it for \$19.95 for the Kindle version, or pay \$24.95 for the printed paperback version.

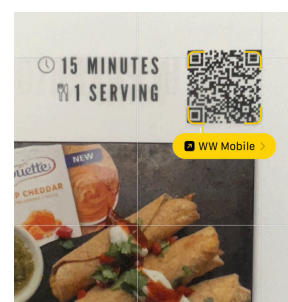
If you want an eBook (basically a pdf) [you can use this link to](#) purchase for \$19.95.

There are photos for every recipe, as well as nutritional information. This cookbook is for anyone, but if you are on the WW program and have a paid membership, there are QR codes for each recipe.

Simply hover your phone camera over the QR code and it will automatically open up in your WW app and you can track directly from the cookbook.

The best part is that no matter when the WW plan changes, the QR codes will still work as the program makes changes.

If you do purchase, I would appreciate it if you could rate and review it on Amazon - thank you so much for your support!



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BLUEBERRY COBBLER

Blueberries should be in full swing at your local farmers market. Perfect for this recipe!

Ingredients

For the batter:

- 1.25 cups flour
- 1/4 cup no calorie sweetener (I used Splenda)
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 teaspoon lemon juice
- 1 cup unsweetened almond milk (any milk works)
- 2 tablespoons melted light butter (I used I Can't Believe It's Not Butter Light)
- 1 tablespoon decorative sugar (or coarse sugar)

For the berries:

- 3 cups blueberries, rinsed and patted dry
- 1 tablespoon sugar
- 1 teaspoon lemon juice
- 1 tablespoon cornstarch

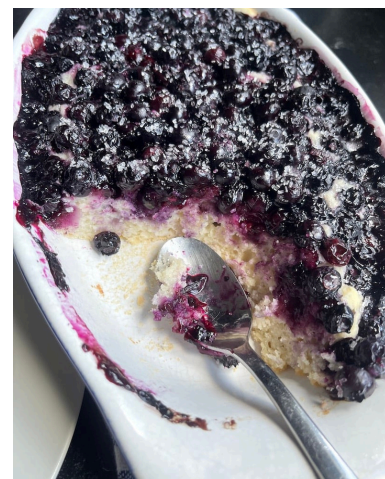
Instructions

1. Mix the flour through melted butter for the batter. Place in a 1.5 quart casserole dish. Sprinkle with the one tablespoon sugar.
2. Mix the blueberries through cornstarch together. Place on top of the batter.
3. Bake at 375 for 45 minutes.

This is great slightly warm out of the oven, or even at room temperature. And a good scoop of vanilla ice cream on top is delicious too!

On my WW plan, it's 6 points (I have to count point for fruits) so it will probably be less on your plan.

[Click this link to see the points for your WW personal plan.](#)



Blueberry Cobbler

BLOG UPDATE!

While I have been spending hours a week working on SEO for old blog posts, I haven't updated my blog in quite a bit.

NEXT week I plan on doing a "What I Eat In A Day" posts so that you may get inspiration in your own journey.

When I first started blogging, I thought I had to come up with these elaborate recipes, but the older I've gotten and working from home, I find that sometimes it's quite alright to have a hotdog and pretzels for lunch or dinner.

It's my goal in January 2023 to have weekly meal plans for you guys.

You can find my blog at: mybizzykitchen.com



LIFE

I was up a pound on the scale this week. But that number no longer controls me - it's just data!

But I feel smaller this week, so I'll take that as a win!

I've also shaved 9 minutes off my mile swim in the last two weeks. I am still shocked that I can swim for over an hour without stopping. No idea I could do that!

Friday night I had dinner out with my friends Nathan & Philip and David Tucker. Love when IG friends turn into friends in real life!

I'll be cooking at a local cooking school (kind of like the Chopping Block where I used to work) and hope to have links if local people want to sign up. Stay tuned for that!

My Mom has been having dizzy spells, so when I talked to her on Friday I knew immediately I had to go see her on Saturday.

Luckily she was not only feeling better but looking better too! So well that we were able to get some errands off her list and I helped her organize her basement while I was there. Glad you are feeling better Momma!

I literally can't believe it's August 1 already. How quickly this year went by. I am so happy that I finally figured out what worked for me in the weight loss department.

My biggest flaw previous to this year? Thinking I was on a diet. I kind of hate that word. Because the thought behind it is that you will somehow be done with a diet.

Someone left me a comment saying their leader said that "when you are tempted to give up, your breakthrough is probably just around the corner."

Imagine if I quit after the first two months of this year having lost "only" 8 pounds!

There is still plenty of year left to get closer to your goals, whatever they may be. Just don't give up!



Scrabble!



Goodwill Outfit for \$10!



Gianni's Cafe in Palatine



MY BIZZY KITCHEN DISCOUNT CODES MAY

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.](#)

ZeroCarbLyfe - my discount code is back with ZeroCarb! I love their chicken crust. Yes, it's on the pricey side, but I have tried to make this low carb crust a dozen times and it's nowhere near how delicious theirs is. The key is to bake it naked for 6 minutes at 500 degrees, then top and cook 6-8 more minutes. Last week I made a Mexican pizza with pickled jalapenos - so good! [Click this link and use code Biz to save 15% off your order.](#)

SuperBeets! I've been eating their tart cherry gummies for a few weeks and I love them. Slightly sweet, tart and they help support my blood sugar levels, weight maintenance and immunity. [Click this link to save 15% off your order using Code Biz15.](#)

These gummies are only 15 calories for 2 (which is a daily serving) and 0 WW points. I love to eat it in the afternoon for a sweet treat.

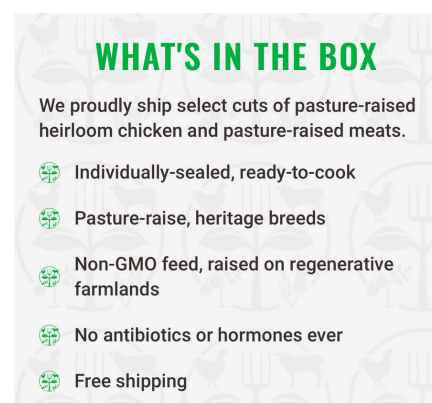
Safe + Fair is my go to for granola, snacks, protein powder and popcorn. All of their products are free of so many food allergies, including food dyes, and are sold at a fair price. [Use Code Biz20 to save 20% off your order.](#) If your order is over \$40 after my discount, you get free shipping too!

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

Cooks Venture discount is back!

Hands down the best chicken I've ever cooked in my own home. They raise the chickens on an 800 acre pasture, and with my discount of Biz50 you get \$50 off your first order.

[Click here to save.](#)



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:

16 PEOPLE HAVE ALREADY SIGNED UP!

I have FOUR spots left!

***FAQ: Are single women going on the trip?
Yep! Several are either single or leaving
their spouses at home. So far it's an all
woman trip.***



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