

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



MY FIFTH GRADE TEACHER

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!



My mom and I attended a fundraising event last Friday night. I was surprised to see my fifth grade teacher there - but then again she belongs to the club my Mom does and she's the same age as my mom - 80! I loved creative writing (or writeing as I wrote it) at age ten. Here is a short story I wrote - which is hilarious given my distaste for onions! The spelling is as I wrote it 43 years ago.

Witches and Onion Sandwiches

One day a girl named Kathy was about seven years old and was reading a book. She was a very smart girl and was taught to read when she was six and has been reading ever since.

The book she was reading was about Whitches and Worlocks. It said in big bold letters "IF YOU WANT TO BECOME A WHICH OR A WORELOCK JUST FOLLOW THESE SIMPLE DIRECTIONS." Eat 1 onion sandwich.

Kathy thought that wasn't too far fetched so she made 1 onion sandwich. She was quite hesitant about eating the sandwich but Kathy finally ate it. Trembling all over she went over to the mirror.

Kathy's nose was growing out real far and her face was wrinkling up like a prune. This frieghtend her so she went to the book to see how you could get rid of the horrid face.

The directions said "WHEN DONE WITH FACE JUST SAY "HOCUS POCUS!" Kathy said "Hocus Pocus" and her face and nose went back to normal. She never did or read a witch book again.

THE END. 🍷🍷🍷🍷



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CHIA PUDDING WITH LEMON CURD

I love chia pudding but it's one of those things that I make a lot and then months go by and I haven't made it. This version with lemon curd is a great recipe to meal prep for the week - even to have as a snack in the afternoon.

Ingredients

Lemon Curd:

- zest of two lemons (or limes in my case!)
- 3/4 cup no calorie Splenda
- 1/4 cup I can't believe it's not butter
- 2 large eggs
- 1/4 cup fresh lemon juice (juice of two lemons or bottled)

Chia Parfaits:

- 1.5 cups unsweetened almond milk
- .5 cup chia seeds
- 1 teaspoon vanilla extract

Instructions

In a food processor, add the zest, Spenda, butter eggs and lemon juice and process until smooth. Place in a pot and cook over medium heat for 10 minutes, stirring constantly. Just watch some YouTube videos or Instagram stories! Remove from heat, and let cool completely before storing in the fridge.

For the Chia parfaits - in a 4 cup measuring cup (or other large bowl) mix the almond milk, chia seeds and vanilla together. That's it.

I let the chia pudding set for 24 hours before making the parfaits.

To make the parfaits, I divided the lemon curd between two glasses, then topped with the chip pudding (you may have about 1/2 cup leftover like I did). I then put plastic wrap on the top and put them back in the fridge. I like to wait at least 48 hours before eating them, but they will be good for about 5-6 days.

The chia pudding is creamy, the bite of the lemon curd is amazeballs. Feel free to top with whatever, but I do suggest granola or some nuts to mix up the texture.

Notes

The chia pudding above comes in at 7 smart points using the WW recipe app - just add the points for any additional toppings.



On all WW programs, this is 7 points.

If pancakes are more your thing for breakfast, check out my [Elvis Pancakes using Premier Protein!](#)



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LIFE

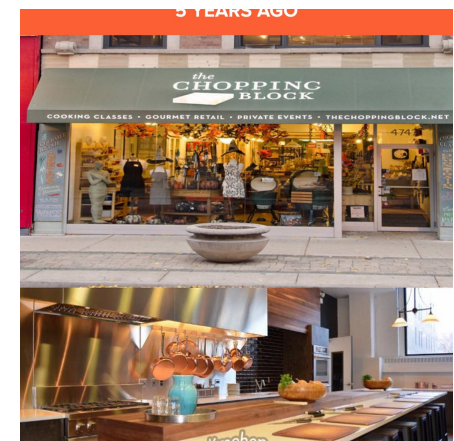
Last Thursday I did a joint open house at Wear Did U Get That in Crystal Lake. I was selling my spiral bound copies of my book (sold out!) but good news is that hopefully by the time the second cookbook is coming out, I'll have both the first and second book on Kindle so you can order a hard copy, eBook, download straight to your Kindle - my brother is helping me with that - thanks Charlie!



Five years ago this week I started working at The Chopping Block, which other than doing what I am doing now (working for myself!) was the best job I ever had. Sadly it was an hourly position and if classes weren't fully booked, they would get canceled and no work = no pay. I still blog for them once a month and have for years. [You can check those posts out here.](#)



My favorite booth at the Crystal Lake Farmers Market is [Waypoint Farm](#). Stephen and his girlfriend Rachel have the cutest farmers market set up. If you are in the far northwest suburbs, I highly recommend stopping by their booth - I was too late to get flowers from Rachel, but I got tons of tomatoes and garlic from Stephen - he's even going to bring me fresh ginger next week!



I may be off social media the next couple days to power through the rest of my recipes to get them to my proofreader this week. My goal is still for a December 1 release and it will be here before you know it - so no worries, I'll be back online as soon as I drop off the Fed Ex package to her. 😊



Until next time friends, Be Kind, Be Fearless, Have Hope - Love, Biz

PHOTOS:

**STEPHANIE (CO-OWNER) WITH GUEST IN MATCHING SHIRTS
GOT A BLOWOUT FOR MY EVENT
THE CHOPPING BLOCK
STEPHEN AND RACHEL (AND PUP!)**



MY BIZZY KITCHEN DISCOUNT CODES AUGUST

Branch Basics is my new obsession! If you've followed me for a while, you'll know that Hannah is the clean freak of the family. Well, not that she's been gone I am left to my own devices. I recently got their premium starter kit and I think I am set on cleaning products for a full year! Best part is that the smell is super clean. Check out the video above on a stained shirt that had been dried dozens of times and it still came out! [Use this link](#) to save 15% off any starter kit (other than the travel size).

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.](#)

Petal Sparkling Botanical is a super refreshing sparkling water that is my go to when I am not drinking. Although, side note, it is great with vodka - ha! [Use code Biz to save 20%.](#) They are now in Mariano's too!

ZeroCarbLyfe - chicken crusted pizza! I know it sounds weird but this is delicious. A pizza crust made from chicken, oil and spices that is 2-3 points for the whole thing on WW. [Use code Biz to save 15%.](#) My discount code brings it down to about \$8 a crust and comes frozen. I have a ZeroCarb highlight on my IG to show you how I get a crisp crust.

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 - my discount code gets 15% off the 3 pack ([using this link](#)) plus add BIZ in the discount code box and save an additional 5% - so good! Only 1 WW point!

brooklinen!

I finally treated myself to nice new sheets and OMG! Why have I spent years on crappy sheets? Brooklinen has given me a 15% discount code site wide. I got the classic bundle which includes the sheet set, and a duvet and 4 pillow cases. They are crisp soft if that makes sense and I noticed after a week of sleeping on them, I no longer wake up sweaty! [Biz15 saves 15% and you can check them out here.](#)

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!

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.

FAQ:

What if I am unable to attend at the Zoom time? No problem! Every class is recorded and emailed to each person who signs up to watch at your leisure.

Do I automatically get billed if I am a member? Yep! No need to do anything. However you can cancel your membership at any time.

I am not a member, but signed up for a class and realized I can't make it. Can I get a refund? Yes! As long as I have 12 hours notice I can cancel it for you directly. Closer to class time and you can't make it, I can contact Airsubs and get your refund in usually 24-48 hours.

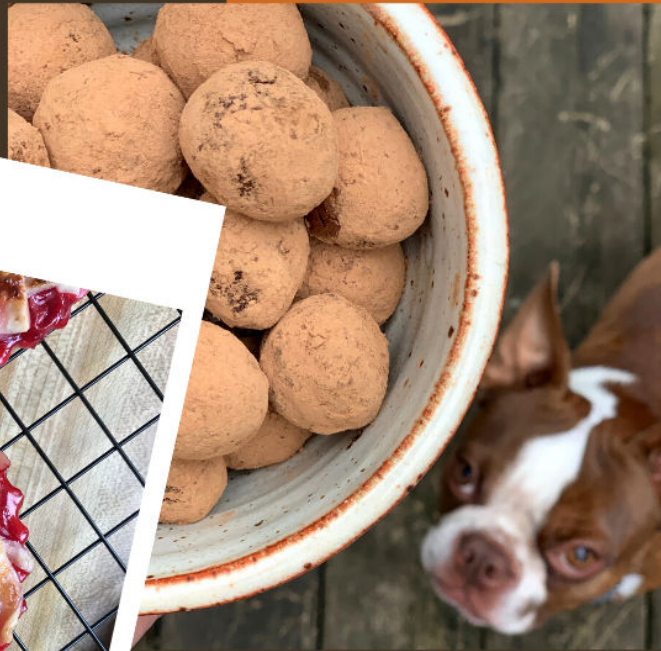
SEPTEMBER CLASSES ARE UP!

SEE THE FOLLOWING PAGE FOR DETAILS

And thanks to everyone who still gave us a great review on the last class - much appreciated! We now have **120 five star reviews!**

Hugs, Biz and Hannah

September Cooking Club Classes!



SEPTEMBER 1: SWEET POTATO!
SWEET POTATO WONTONS
BLACK BEAN SWEET POTATO CHILI
SWEET POTATO BANANA PANCAKES

SEPTEMBER 8: SALADS!
BLACKENED CHICKEN IN A JAR
BUFFALO BURGER SALAD
BANG BANG SHRIMP SALAD

**SEPTEMBER 15: STEW! SAUCE!
BRAISE!**
BLACK BEAN & SAUSAGE STEW
PORK RAGU
BRAISED BEEF AND CARROTS

SEPTEMBER 29: DESSERT!
AVOCADO CHOCOLATE TRUFFLES
MINI CHERRY PIES
BLUEBERRY CREAM CHEESE TARTS

