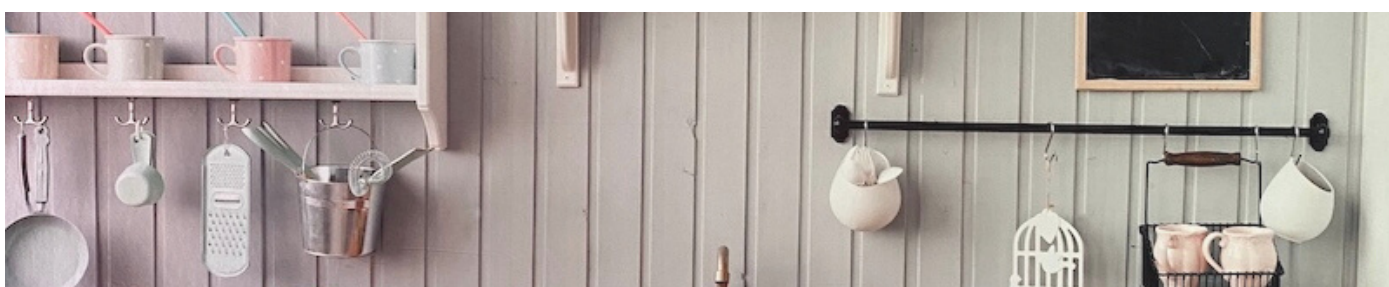


MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen

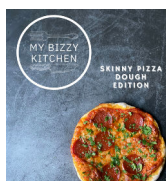


FRIENDS

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!



On Friday night I happened to Facetime my friend Mary Beth and within a few minutes I was invited over to their house for an impromptu BBQ. Her husband Josh bought steaks and potatoes. I brought farmers market green beans and mushrooms.

It was so fun! Mary Beth's Mom was in town, and I forgot how noisy a dinner table with four kids under the age of 9 could be. At one point I heard their second oldest daughter ask "is it okay if I trade in my twice baked potato for five green beans?"



The Sunday I headed over to my friend Tia's house - with Mary Beth as my date, and got to meet her adorable new puppy. Sadly several weeks ago Tia lost her 10 year old dog. While no puppy can replace Burn, this puppy named Tugboat will certainly help with the healing process. It's always so difficult to lose a family pet. Did this meeting want me to get a dog? Nope! Still going to borrow my grandpups. Hanging out with friends was so good for my soul.

WHAT'S INSIDE THIS ISSUE:

Ground turkey sloppy joe sliders - 2
Life - 3
July Discount Codes - 4
Cooking Class! - 5

GROUND TURKEY SLOPPY JOE SLIDERS

I don't remember sloppy joes being on the heavy rotation growing up, but I did know that my Mom used canned Manwich and I was never a fan. Just too sweet for me.

This turkey sloppy joes almost reminds me of a north carolina BBQ sauce - it has vinegar and mustard and is packed with flavor. This is actually one of the recipes in my upcoming cookbook, but felt I could share it with my newsletter subscribers a bit early.

This serves one.

Ingredients

- 4 ounces ground turkey (I used 93/7)
- 1/2 teaspoon brown sugar
- 1 teaspoon steak seasoning
- 1/4 cup diced red pepper
- 2 cloves garlic, chopped
- 1 teaspoon vinegar
- 1 teaspoon yellow mustard
- 1/2 cup tomato sauce
- 1 tablespoon tomato paste
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Instructions

Spray a skillet with avocado oil spray. Cook the red pepper and garlic over medium low heat for five minutes. Add remaining ingredients and simmer of medium heat, until the turkey is cooked through and the sauce reduces.

This is not a very "saucy" sloppy joes, but it's still messy and oh so delicious!

You'll love this one!



On all plans the turkey filling is 4 WW points. You just need to count the points for whatever buns you are using. I made two but one was plenty with air fried fries and fruit. If you count calories: 224 calories, 9 fat, 13 carbs, 3 fiber and 25 protein.

If you guys like ground turkey, check out my recipe for the perfect turkey burger.



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

I have been really busy with campaigns on Instagram this month. I hope it's not been too much, but you have to make hay while the sun shines. Promise there won't be as much in August, but social media influencing is a great revenue stream for me and I appreciate when you take the time to watch my stories.

Another source of revenue is my blog! It's just been redesigned and while there are still a few kinks to work out, hopefully you will be able to find recipes a lot easier. I started my blog in 2008! [You can find my blog here.](#)

I've been purging my closet for the last couple of weeks. The amount of clothes that I bought at Goodwill or garage sales that I thought I would love - well, they just cluttered my dressers and closets so full I couldn't actually find the clothes I did like! The photo on top is just an example of the donate pile! It feels good though! I am saving my basement cleanup for the fall - that's pretty much the last place to tackle because it's the worst - ha!

I tried a new local pizza place and it was amazing - it's called [Uncle Jerry's](#) in downtown Cary (well, our downtown is all of about two blocks!) and it was getting rave reviews. While I love making my own pizza, this pan pizza was delicious.

In case you missed it - Hannah and I made blueberry pancakes with a microwave lemon curd (the lemon curd recipe is from my friend @vicsbowls on IG). So many of you made it this past weekend and that makes me very happy. [You can find that recipe on my blog here.](#)

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

DONATION PILE

CHICAGO STYLE PAN PIZZA

THE BEST PANCAKES WITH LEMON CURD



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!

Safe + Fair has plant based protein powders for kids. They taste amazing and come in Chocolate Cupcake and Vanilla Ice Cream Flavor. #vegan #glutenfree - [Code Biz20 gets 20% off sitewide!](#) If you haven't tried their sea salt bagged popcorn, throw that in your basket and thank me later - it's literally the best bagged popcorn I've ever had. [You can check it out here.](#)

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.

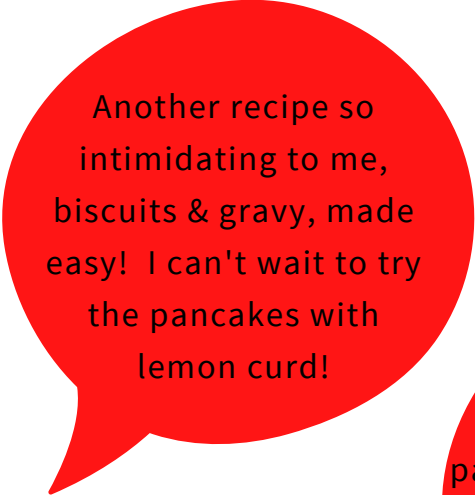
The July schedule is up! [You can sign up using this link.](#)

July 21 at 6:00 p.m. CST - Soups! My favorites: cherry tomato soup, corn chowder with shrimp and lemon orzo soup.

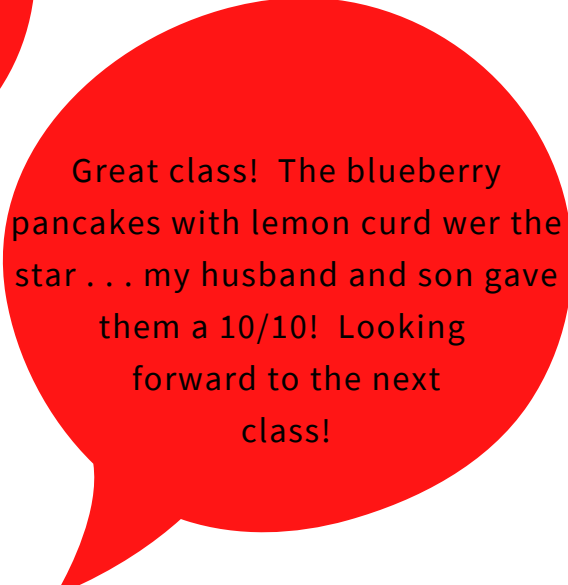
July 25 at Noon CST - Farmers Market! Cauliflower buffalo bites, air fried radishes and a blueberry rhubarb galette with skinny pizza dough.

August Classes will be up on July 26.

And thanks to everyone who still gave us a great review on the last class - much appreciated! We now have 88 five star reviews!
Hugs, Biz and Hannah



Another recipe so intimidating to me, biscuits & gravy, made easy! I can't wait to try the pancakes with lemon curd!



Great class! The blueberry pancakes with lemon curd wer the star . . . my husband and son gave them a 10/10! Looking forward to the next class!



Super fun and delicious like always!!