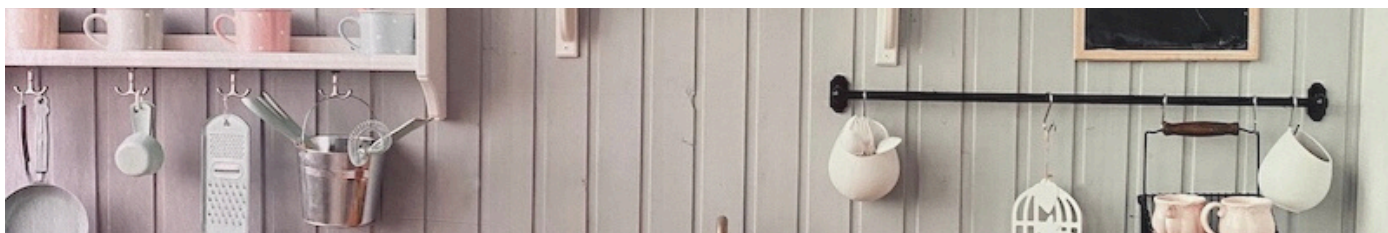


MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



NO WEIGH IN THIS WEEK 🙅

I had a great week. Tracked all my food per usual, closed my Apple rings all but one day, and completely forgot to weigh in this morning.

Hannah picked me up to drive me to the airport and when the alarm went off I went straight to the shower to wake myself up and then never gave it a single thought.

I was able to consistently drink my 64 ounces of water (two of my water bottles) but not much more than that. I do know that once the weather cools, my desire to drink water (which is a struggle but I do way better since adding GoHydrate) isn't as much as when it's hot outside. So I will try to stay hydrated while I in Idaho this week for the Harvest Potato Tour - details on that will be in next week's newsletter.

As always, I have a link if you want to join WW (it's anonymous) if you want to try the program out. You get a month free, and I get one too - win win!

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My Cookbook has been out for 8 weeks and I've already gotten 77 five star reviews!! If you bought the book and can rate and review on Amazon, it really helps my ranking - thank you!!

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. **UPDATE! It's now 21% off today, not sure why Amazon discounted it, but now is your chance to get it on sale.**

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



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CARAMEL APPLE CHEESECAKE DANISH

If you live in the midwest, there is still a few weeks left to go apple picking. I love trying different varieties of apples. This last trip I made to a local apple picking farm were called an orange pippin apple and it was the perfect balance of sweet and tart.

My go to grocery store apples though are honeycrisp and fuji - fuji are usually the least expensive and are almost as delicious as honeycrisp.

This uses leftover skinny pizza dough, so be sure to make a double batch this week so you can make these.

- 6 ounces skinny pizza dough, divided into 3 section
- 1 honeycrisp or fuji apple, cored and diced
- 1 tablespoon Truvia
- 1 teaspoon cinnamon
- 1/2 teaspoon butter
- pinch of salt
- 3 tablespoons Alouette caramel apple cheese spread
- egg yolk mixed with 1/2 teaspoon water
- 1.5 teaspoons raw sugar

Instructions

1. Heat oven to 400.
2. Roll out each dough ball into a 5 inch circle.
3. Heat nonstick skillet over medium heat.
4. Melt butter and add apples, Truvia, cinnamon and salt.
5. Saute for 5 minutes, the apples will continue to cook in the oven.
6. Spread one tablespoon of the Alouette cheese on each circle, divide apples between the three circles, then bring the dough into the middle, pressing down so it doesn't unfold in the oven when baking.
7. Brush with egg wash, then sprinkle 1/2 teaspoon raw sugar on top and bake for 20 minutes.

If you can't find the cheese spread from Alouette, simply substitute with whipped light cream cheese mixed with 1/2 teaspoon of cinnamon.

On all WW plans, each one is 4 points.



Caramel Apple
Cheesecake Danish

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.

Soon each 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

Usually the weekend before a trip I like to have zero plans. But this was the exception to the rule because my friend Tia invited me to her house Friday night with our friend MaryBeth to watch Hocus Pocus 2.

Hannah's favorite movie during Halloween is the original Hocus Pocus, and well, let's just say that Hocus Pocus 2 was nostalgic and leave it at that. It was such a fun night though!

Saturday night Hannah and I headed downtown to a fundraiser for St. Jude. My friend David Tucker works for the organization and it was great to go and support a great cause.

The weather was absolutely gorgeous. Low 70's when we got there and it didn't drop too much by the time we left. We finished the night with The Pointer Sisters - they were incredible!

This week I am traveling with the Harvest Potato Tour sponsored by the Idaho Potato Commission. I happened to meet the Director of Marketing at a conference I was at this past March, and told her about how I tell everyone to bake potatoes as part of their weekly meal plan, and not long after I got an email inviting me to this event - so cool!

It will be a fun few days and I'll have stories and reels while I am here.

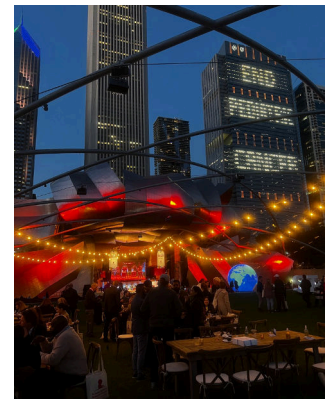
I posted on IG this morning the official news that Hannah will be working with me starting this month and the outpouring of support has been amazing. I hope to reply to all the DM's I got in the next day or two.

Our main focus will be getting our YouTube videos up starting in November, posting at least twice a week. We are also working on the blog to make sure that every recipe has a WW link, as well as the calories.

Hannah is the most organized person I know, so I know with her talents and support, the sky's the limit for our small business. So excited!



Hocus Pocus 2 at Tia's



St. Jude Fundraiser



Me and David Tucker



A sign I saw at the Idaho airport this morning - finger steaks! Never heard of that before - looks good!

MY BIZZY KITCHEN DISCOUNT CODES OCTOBER

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.

Spritz! Holy balls you guys. This is a new find for me and I am obsessed. These wine cocktails are insanely delicious and only 2 WW points each! It's light, bright and vibrant and I am officially obsessed. I already placed my second order with them. I think my code is only active until the end of August so hurry and save 15% by using code Biz - [click this link to purchase](#) - 1000% Biz approved!

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 Bizzy20 to save 20% off your order.](#) If your order is over \$40 after my discount, you get free shipping too! **Note - my code changed to Bizzy20 going forward.**

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

BIGGEST NEWS EVER!!! I HAVE A DISCOUNT CODE FOR BAKING STEEL! It's Biz10 and [click here for the link.](#) It's good on all their products site wide. I have the original baking steel that I've had for 5 years. 1000% Biz approved!

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.](#)

