

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



HAPPY VALENTINE'S DAY!

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!



In case you missed it, my Mom injured her glute muscle and needed to be taken to the emergency room on Friday. 7 hours later she was released with crutches. We've received two walkers from her friends and that helps her get around the house.

She still needs assistance, so after staying here two days, I went home and got my clothes, some work products and will be staying with her for at least this week. We will reevaluate this weekend.

She's not allowed to drive, but I did a grocery shop and you know I am going to cook up a storm while she is here.

On Saturday night, we had a Galentine's Day - if you've not air fried lobster tail it was so delicious! Our tails were from Mariano's and they were each four ounces. Cut the top of the lobster tail and using your finger, loosen the meat from the top of the shell. Place meat on top of the shell and air fry for 4-5 minutes, or until the lobster is opaque. I brushed with a teaspoon of melted butter over the top of each one and seasoned with salt and pepper.

I set the bar high on that first dinner so I hope she's not expecting steak and lobster every night - love you Momma - Happy you were my Valentine this year.



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MINI PUMPKIN CHOCOLATE CHIP LOAVES

I recently tried Bhu Foods low carb chocolate chips and I love them. Too often when I am sent products that are low carb or sugar free, they use sugar alcohols, and well to be honest, if I eat anything with sugar alcohols I may as well eat it while sitting on the toilet. TMI but you know what I mean! 🤪

These mini pumpkin chocolate chips loaves are so quick and easy. My loaf pans are 4 inches by 2 inches. I bought them at a garage sale but I am sure places like Amazon or Bed Bath & Beyond sell them. I have not tried this in a larger loaf pan so I am not sure there would be enough batter for that.

Ingredients: (makes 4 mini loaves)

1/2 cup canned pumpkin
1/2 cup oats (I used quick)
1/3 cup flour
1/4 cup powdered peanut butter
1 tablespoon baking powder
1 teaspoon vanilla extract
1 teaspoon cinnamon
1 egg (or mix 1 tablespoon ground flax with 3 tablespoons water - let sit 10 minutes - to make a vegan egg)
1/4 cup unsweetened almond milk
14 grams Bhu Foods semi sweet chocolate chips

Heat oven to 350.

Mix the ingredients together (other than the chocolate chips) and divide batter between the four mini loaf pans. Divide the chocolate chips on top, pressing slightly to adhere to the batter.

Bake for 18-20 minutes or until a toothpick comes out clean. Let cool 10 minutes in the loaf pan before removing.

These would make a great make ahead breakfast. Either reheat in the microwave for 45 seconds, or reheat in the air fryer at 400 for 2 minutes. Serve with scrambled eggs and turkey sausage and you've got a delicious and filling breakfast.

[Click this link](#) to see what the WW points would be on your personal plan.



If you don't like pumpkin, try my mini banana loaves - [you can find that recipe here.](#)



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LIFE

I had to cancel my trip to Boca Raton to meet up with my friend Erica and her family. My flight was cheap, only \$113, so I have a credit when I reschedule.

So this week I am still in cold weather and not walking the beaches in 78 degrees. But I am happy that my job allows me to pivot at a moments notice and I can work from anywhere.

Since my Mom lives alone, if I hadn't been able to move in for the week (or longer) she would have had to hire a home health nurse because there are just some tasks she can't do on her own.

My Mom requested my potato and sausage frittata, so I made that on Sunday morning for us to eat a couple times this week. [Here is the recipe if you missed it.](#)

Mom and I continue our Scrabble games. So far I have won every game, but they have been extremely close matches. I get asked "you don't let your Mom win?" Hell no! We are both competitive and really have the same strategy.

I recently made a copycat KFC bowl with Natural Heaven hearts of palm mash and it turned out so good. I added canned potatoes (just 2 ounces) to stretch out the mashed potatoes and it was so good. [You can find that recipe here.](#)

I hope you are able to spend Valentine's Day with family, friends and good food. Thank you for taking the time to read my weekly newsletter - I appreciate you more than you know. Love, Biz

PHOTOS:

Potato and Sausage Frittata

Scrabble Game

KFC Bowl



MY BIZZY KITCHEN DISCOUNT CODES FEBRUARY

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.](#)

Bhu Foods. If you want to try out the Bhu Foods Semi Sweet Chocolate chips that are low carb, high protein and no sugar alcohols, [click here and use my code Biz to save 15%](#)

I found a new to me company called **Cooks Venture**. It's a subscription based meat delivery service and the first thing I tried was their chicken thighs.

Holy balls - this is literally the best tasting chicken I've ever made at home. And the only seasoning I used was salt and pepper!

Right now through the end of the February, they are giving me a discount code of FIFTY DOLLARS OFF your first order.

[You can click this link](#) and use code Biz50. I am defrosting chicken breast for my dinner tomorrow. I've had the thigh, the chicken breasts and the whole chicken and am blown away with the flavor of this chicken.

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](#)



WHAT'S IN THE BOX

We proudly ship select cuts of pasture-raised heirloom chicken and pasture-raised meats.

-  Individually-sealed, ready-to-cook
-  Pasture-raised, heritage breeds
-  Non-GMO feed, raised on regenerative farmlands
-  No antibiotics or hormones ever
-  Free shipping

COME TO GREECE WITH ME!

I will be going to Greece on

October 13 - 20, 2022

and I want to take you with me!

TEN 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