

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



FIRST STUDIO WEIGH IN

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>

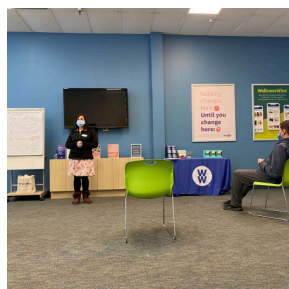
We thank you for your support!

My friend Jen asked if I wanted to meet up at our WW meeting on Saturday. It had been 11 months and 1 week since I last weighed in at a WW studio. While I was up and down all year (I was down 11 pounds at one point!) I was up only 4.4 pounds in that time.

Some may view that as a failure, but I consider it a success.

What baffles me is why I can't stay consistent. In late July early August, I was riding my bike most days and I absolutely loved it. By the end of September I was down 11 pounds from my highest weight at the end of May. Had I stuck with that, I could almost be to goal!

I have been journaling and listening to podcasts to see where my roadblock is - I am the only person getting in my way, now I just have to figure out why.



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BLUEBERRY COFFEE CAKE MUFFINS

My love of muffins runs deep. I used to grab the bus back in the day to the L stop and had to walk right past 7-11 to wait for the bus. Nearly every day when I had a few minutes to spare, I would get what I considered then to be a "snack" before eating breakfast at work.

I would get an Otis Spunkmeyer chocolate chip muffin and a Dr. Pepper. That snack was about 560 calories, or a whopping 27 points on today's WW plan.

These blueberry muffins taste just like coffee cake to me.

While I usually use Truvia in baked goods, I decided to use real deal sugar and that makes the texture of these muffins so delicious.

Makes 12 muffins. Heat oven to 425. Bake 18-22 minutes

2 1/8 cups self-rising flour (divided)

1/2 cup sugar

1/2 teaspoon salt

2 teaspoons baking powder

1/4 cup light sour cream

1/4 cup nonfat Greek yogurt

1/2 cup unsweetened cashew milk (any milk works)

1 cup blueberries

1 egg

For the streusel:

1/8 cup flour (from above)

1/4 cup quick oats

1 tablespoon brown sugar

1/2 teaspoon cinnamon

1/2 teaspoon ground ginger

1/2 tablespoon butter

Mix the streusel topping and set aside. Heat oven to 425. Mix two cups of the flour, sugar, salt and baking powder together. Toss in the blueberries and coat the blueberries in the flour. In a second bowl mix the yogurt, sour cream, almond milk and egg. Add to flour mixture and mix just until combined. Divide mixture in muffin tins (I used two scoops of a melon baller for each one) and then divide the streusel topping between the muffins. Bake for 18-20 minutes. Let cool two minutes, then remove from the pan.



On #teambblue and #teampurple each muffin is 4 points. On #teamgreen it's 5 points. If you count calories or macros, each muffin is 142 calories, 1.9 fat, 28 carbs, .8 fiber and 3.4 protein.

I haven't made waffles in a hot minute. [Here is a link to my blueberry waffles that I made in January 2012.](#) I like reading old posts when I mention my husband ♥



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LIFE

My niece Sarah (my brothers oldest daughter) manages my Pinterest page. I know how Pinterest works but I don't have the time or the knowledge to figure it out. She's gotten my impressions up from 2,000 when she first started working for me in December 2019, up to 1.4 million. So crazy!

She and her husband just had a baby in November. I can't wait to meet him. And thank you Sarah for your hard work!

Yesterday was Valentine's Day. After going out to a restaurant our first Valentine's Day when my husband and I were first married and spent \$400, we decided surf and turf would be our go to V-Day dinner, and even though he's not here, that didn't mean I wouldn't continue that tradition. The steak is from Butcher Box - [click here if you want to take advantage of their special today.](#) If you order your first box today, you get lobster, new york strips AND bacon for free in your first box. I paired it with lobster tails from Mariano's. My spinach is just two cups of spinach sauteed for less than a minute, then salt, pepper and a splash of vinegar. I'd pay \$\$\$ for this plate in a restaurant!

I broiled my lobster. I pulled the meat out, set it on top of the shell. The rule of thumb is to broil the lobster for 1 minute for every ounce.

The deer have been loving my back yard lately.

I've lived in my house for nearly twenty years and I've never seen so many deer before. Turns out they like to eat twigs and even though we have nearly a foot of snow that hasn't melted, I have some bigger bushes, brush and twigs that they like to eat. It's fun to watch them scatter around the yard!

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



PHOTOS ON THIS PAGE:

MY NIECE SARAH AND MY
GRANDNEPHEW NOAH

VALENTINE'S DAY DINNER FOR
ONE

DEER IN MY YARD

