

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



EMPOWER HER

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!

I went on my first road trip since November of 2019 and I went to Iowa! My friend Ally (you can follow my friend [Ally on Instagram here](#), or visit her [amazing blog with tons of recipes here](#)) was speaking at a woman owned business conference and I am so glad I went.

So many amazing women - some of whom had been in business for two weeks or for more than 20 years! One of the speakers was talking about mindset - and how to switch from a fixed mindset (something I've done my whole life I think - basically telling myself before I do something that it won't work out) to a growth mindset.

It's not about winning and losing, it's about winning and learning and I love that mantra. I've had the all or nothing forever, and I listened to a great podcast that I think you guys would like too - [you can listen to that here](#).

Side note: I had the best burger at [30hop](#) - thanks for hanging with me Ally!



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PEANUT BUTTER BANANA PUDDING

I had four bananas that were nearly black and my first inclination was to make banana muffins for the week, but I had someone ask me why I don't come up with more dessert recipes.

Well, mostly because I am #teamsalty and gravitate more to savory over sweet. But one of my late husbands favorite desserts was banana pudding. Side note: this is very close to custard, so call it what you want, this is a delicious dessert!

This made four 1/2 cup servings:

2 tablespoons flour
1/4 cup Truvia (or any non calorie sweetener)
1 tablespoon sugar
2 tablespoons PBfit
2 eggs
1.5 cups fat free milk (or non dairy milk like almond or cashew)
2 really ripe bananas, mashed

In a pot, add the flour, Truvia, sugar and PB fit. Mix the milk and eggs and whisk to combine. Add the milk mixture and whisk over medium high heat for ten minutes, or until thickened. Remove from heat and stir in the bananas. Chill before serving. Garnish with grated chocolate and whip cream.



On #teamgreen this is 4 points, on #teambblue and #teampurple is 3 points. If you count calories or macros, it's 175 calories, 3.5 fat, 26 carbs, 2.6 fiber and 9.7 protein.

One of my late husband's other favorite desserts was bread pudding - [check out this 2012 recipe!](#)



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

Last Friday I had headband designs that launched! I was contacted by Kelsey of Lilac Market Headbands if I wanted to collaborate with two new designs and I jumped at the chance. Mind you, I did very little work other than to throw out some ideas and they pretty much ran with it, and I love them!!

Her headbands are so soft, they stay put and they sell for \$9.99. [You can check out all her designs here.](#)

My designs are called "Sippin with Biz" and "Party Pizza Friday."

I had the pleasure of hanging out with her on Saturday because she was in town with her fiancé. We had Lou Malnati's pizza (her first deep dish!) and we went to an indoor mall and got lots of steps. I am old enough to be her Mom (she's the same age as Hannah) and I love that she didn't mind hanging out with me.

Yesterday's weather was gorgeous! Low 60's and sunshine so I got my walking shoes on hit up a trail literally seven minutes from my house that I never knew was there. Walking is my favorite exercise and I am happy our weather is getting better to take advantage of that.

Saturday I went back to yoga. My friend Katie and fellow WW has a yoga youtube channel and I know I need to do this every day, not just for mental health but stretching my body - my shoulders are always so tight and even after a 30 minute session I can feel the difference.

You can follow Katie here on IG, or her YouTube Channel here. She also does chair yoga that is really good!

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

PHOTOS ON THIS PAGE

SOURDOUGH BREAD!

BLUEBERRY COFFEE CAKE MUFFINS - [CHECK OUT RECIPE HERE](#)

EASTER IN TEXAS - MISSED YOU GUYS!



MY BIZZY KITCHEN DISCOUNT CODES APRIL

Butcher Box is a meat subscription company. They offer top quality meat and you can pick and choose what to get in your box and how often you get it. Until April 21, you can get **six free steaks AND \$10 off your first box**. To check it out, [click this link](#) to get the offer. Love the quality of their proteins!

[Joe's Super-Fuzed](#) - don't even get me started on how delicious this herbed oil is. I use it to roast veggies, to drizzle over pizza - a teaspoon is only 1 point on all WW plans. Code is: 12MYBIZZYKIT to save 12% off the 16 ounce until 4/20.

[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 10%.

Thrive Market is a new one! It is an online shop that has 1000's of products from organic produce, beauty products, supplements. [Use this link](#) to get a free gift with membership - it's \$59.95 per year (average \$5 a month) but most people save \$32 on average per box.

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.

Zen of Slow Cooking Spices - these are amazing seasoning packets that are around \$3 dollars each with my discount code Biz2 - these seasonings are on the WW website on the "WW loves" product section, but [my link is cheaper](#).

GoHydrate - I've been using this product for over a year. It is an electrolyte and Vitamin D powdered water enhancer it is literally the only way I get my water in. They have a new flavor CHERRY LIMEADE - which is almost more delicious than my beloved grape flavor. [Use code Bizzy to save 10%](#).