

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



WE HAVE PAINT!

It seems like it took forever for my back room to be painted. I am somewhat of an impatient person with some things. I signed the contract on October 2 to have my back room painted and after three reschedules, I thought it would never happen.

But then I had to slow my roll and realize I've lived here 19 years and have never done much to that back room, so what's a few more weeks?!

Guys - I absolutely love it. I had no idea how dull and dark the room was before now that everything is painted white.

My friend Whitney was the one who chose the color for the accent wall and it totally makes the room.

I hired a handyman to come put together the furniture I bought for that room (which is going to be my office/kitchen studio) and for the spare bedroom. He will be here on Friday, and my friend Whitney will come over on Saturday and put both rooms all together with the accessories.

I'll be so happy that my Mom will have a separate room to sleep in when she visits. I've already called it my "Mom's Room." 🍷



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PUMPKIN SPICE LATTE PANCAKES

I deep clean my pantry on Saturday morning. It was so gross how much stuff I threw away. I had three giant containers of powdered peanut butter, and probably at least ten different packages of pasta and rice products.

I also found SIX cans of pumpkin. I went to bed Saturday night with the idea of making pumpkin pancakes Sunday morning. Only one tiny problem - I had no form of milk at all - not almond, oat, heavy cream - nothing! I thought "all I need is liquid." I poured myself a cup of coffee and immediately thought - will coffee work?

The answer to that was yes! Dozens of people on IG said to call these pancakes pumpkin spice latte pancakes and I love it.

This made 12 pancakes. On all WW plans they are 2 points each. If you count calories or macros, each one is 107 calories, 1.4 fat, 19 carbs, 1.6 fiber and 4.2 protein.

2 cups self-rising flour
1 tablespoon baking powder
1/2 teaspoon salt
1 teaspoon pumpkin pie spice
1 teaspoon cinnamon
1/4 cup Truvia no calorie sweetener
1 tablespoons powdered peanut butter
1 cup coffee (cooled)
1 tablespoon hazelnut creamer
2 eggs

Mix the flour, baking powder, salt, pumpkin pie spice, cinnamon, Truvia and powdered peanut butter in a large bowl. In a separate bowl, mix the coffee, creamer and eggs. Add to the flour mixture and mix just until combined. Let sit for 30 minutes.

Use a 1/3 cup measure for each pancake, and cook about 2 minutes a side. These are great for meal prep for the week. They will stay fresh in the fridge for five days, or freeze and reheat in a toaster from frozen.



If you are looking for more meal prep breakfast ideas, check out my [breakfast biscuits](#). You can use whatever veggies you have left at the end of the week and throw them in - the possibilities are endless!



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ButcherBox

I have loved getting my ButcherBox. Since I live alone, I get one about every other month. It is great for meal planning because I can plan with the proteins that I already have in the freezer. It prevents me from spending too much money at the grocery store too - I am sure I am not the only one who goes into the store needing two things and spend \$60?!

They have an amazing promotion going on through November 30. For every new customer, you get SIX FREE STEAKS! Four top sirloins and two New York strips with your first box. [You can use this link to get the offer.](#) I will say that I love the beef, pork and seafood - the chicken is good, but the other proteins shine bright like a diamond. 😊. There is no obligation after the first box too.



How ButcherBox Works: ButcherBox sources from farmers and fishermen who meet the highest standards for quality. You choose your box and delivery frequency. They offer five boxes: 4 curated box options as well as the popular Custom Box, so you get exactly what you and your family love. They ship your order frozen at the peak of freshness and is packed in an amazing 100% recyclable box.

Life

MY COOKBOOK WILL BE LIVE NEXT WEEK!

Hannah and I are so excited - stay tuned this week for a giveaway of ten (or more!) spiral bound cookbooks that will be personalized as a gift or for yourself. Cannot wait!

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

