

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



DIET BET UPDATE

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!

This past week I went back to tracking both WW points and LoseltApp. It's a good indication for me because one day in particular, I was at 38 points for the day (I am only allowed 16 on #teampurple) and I was beating myself up about it, until I entered all my food for the day in the LoseltApp, and I was at 1,237 calories that day. And I walked four miles that day!

Do I advocate doing both? Yes and no. At the end of the day it's calories in/calories out. I stayed within the calorie range that the app told me to, and I lost 2.2 this week. It would be even better if I put two weeks of losses in a row - let's see!

In case you missed it, my granola bars for National Peanut Butter day is posted on my blog - [you can find the printable recipe here.](#)



WHAT'S INSIDE THIS ISSUE:

Mini Banana Bread - 2
Life - 3

MINI BANANA BREAD

I love tiny food. My late husband never understood the concept. He would watch me make a dozen mini silver dollar pancakes and his thought process was "why not just make a giant one and get it over with?!"

I think it's fun. It makes you feel like you are eating more for some reason. Last week I scored mini baking loaves at Goodwill. I dropped off stuff, so it was only natural that I should go in and see what I can bring back into my house!

I baked these in the oven, but I could have easily baked them in my air fryer. Any vessel that is oven safe is safe for your air fryer as well. I baked these in the oven at 350 for 18 minutes. In an air fryer I would bake at 360 and check them at around 15 minutes.

This made four mini loaves of bread. Each loaf after baking weighs just under four ounces. I love that it's not overly sweet, but sweet enough with the addition of the Lily's sugar free chocolate chips.

- 2 bananas, mashed
- 1/2 cup quick or regular oats
- 1/4 cup flour
- 1/4 cup powdered peanut butter (I used PBFit)
- 1 tablespoon baking powder
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1/4 cup Truvia (or other non-calorie sweetener of choice)
- 1 egg
- 1/4 cup unsweetened almond milk
- 28 grams Lily's sugar free chocolate chips

Mix everything together except the chocolate chips and divide between four mini loaf pans. Divide the chocolate chips on top of the banana bread and bake at 350 for 18-20. Let cool before removing from pans.



On #teampurple these are 3 points each. On #teamgreen and #teambblue these are 4 points each. If you count calories or macros, each one is 198 calories, 5.2 fat, 34 carbs, 5.2 fiber and 7.5 protein.

My late husband LOVED his Mom's banana bread recipe. I lightened it up a bit back in 2010 - you can [check that out here if you'd like](#).



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LIFE

I had my quarterly diabetes doctor appointment last week. We are switching things up a bit.

Because I have the FreeStyle Libre 14 day system, I can give my doctors office access to my medical info - they were able to print out my stats in less than a minute.

She noticed lows in the 40's a few times. She said "I'd like to get rid of those." Yes please! So we switched my night time insulin dose to spread between night and morning - now I take 20 units before going to bed and 20 units when I wake up.

Now my blood sugars are in the low 200s upon waking. I will give it another week. I also decided to do lower/low carb dinners. Except last night I made my friend Ed's chicken cordon bleu pasta and it was amazing!

We've had some cold temps this past week, but I walked outside for four days. The nature trail by my house is so pretty I am still kicking myself that I never ventured out the last 18 years of living here. Better late than never!

People ask me all the time "Biz, do all your recipes turn out amazing?!" Um, no! Case in point. I made muffins last week - the first batch was so spongy and disgusting, but the second try was perfect! A life lesson there, if at first you don't succeed, try, try again!

The blueberry vanilla latte muffin recipe can be found here.

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



PHOTOS ON THIS PAGE:

FRESH AIR

TRIAL AND ERROR

ED'S CORDON BLEU
PASTA

SAFE • FAIR MUFFINS

