

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



MY BIZZY KITCHEN COOKBOOK!

People have asked me for the longest time "Biz, when is your cookbook going to come out?" My immediate response was "when someone pays me to write one!"

Turns out I never got that phone call, so I just said "I'll do it myself!" with absolutely no idea on how to actually do it.

I did the best thing I ever could have done and hired my daughter Hannah as my creative director. That woman loves nothing more than to organize, keep on schedule and keep me on task, which is exactly what I needed.

Last week we met for three hours and worked through our timeline. My goal is to have not only an eBook for purchase, but also a hard cover for holidays. I threw the question out on Instagram "would you spend \$40 on a hardcover" and the resounding response was "YES!"

Like over 1500 people want a hard cover! So Hannah and I are going to figure out the logistics. This first cookbook is My Bizzy Kitchen Skinny Pizza Dough Edition, with 50 recipes you can make with Skinny Pizza Dough.

We plan to publish one eBook every quarter of 2021. Fake it til you make it, right?!



WHAT'S INSIDE THIS ISSUE:

Double Chocolate
Zucchini Muffins- 2
Life - 3

DOUBLE CHOCOLATE ZUCCHINI MUFFINS

My friends Alison and Cameron have a giant garden and they love sharing their wealth with me. Mostly because they know I will make something with it and give them something to eat in return. I don't mind a bit.

Giant zucchini's are great for breads and muffins, you just have to squeeze the liquid out before adding it to your batter, especially the big ones.

Ingredients:

- 2 cups flour
- 1/8 cup sugar
- 1/3 cup Truvia
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/3 cup unsweetened cocoa powder
- 8 tablespoons Lily's no sugar added chocolate chips
- 1/2 cup unsweetened almond milk
- 2 eggs
- 1.5 cups shredded zucchini
- 1 teaspoon cinnamon
- 1 tablespoon melted coconut oil
-

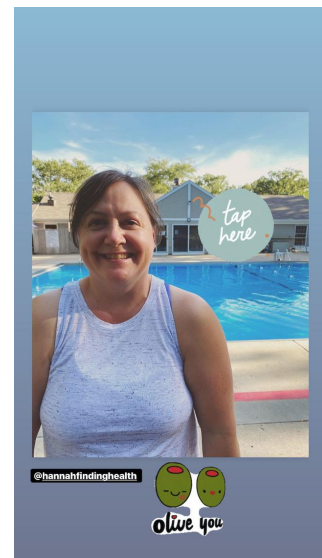
Mix the flour, sugar, Truvia, baking powder, salt, cocoa powder and chips and mix until combined. In a separate bowl, add the cooled melted oil, almond milk, eggs, and zucchini and mix until combined. Add to the dry mixture.

Add a heaping 1/4 cup batter into a muffin tin (I got 14 muffins) and bake for 15 minutes. Let cool in pan 5 minutes before removing. For the glaze: 3 tablespoons Truvia confectioners sugar, 1 tablespoon powdered sugar and a teaspoon of almond milk. Mix and drizzle on the cooled muffins.



On all WW plans these muffins come in at 3 WW points, or 131 calories, 4.5 fat, 22 carbs, 4 protien

Hannah's Post - click here - love her!



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

Life

My life lately has been working on my cookbook, and I am not mad about that at all.

I still have 23 vacation days to take until the end of the year, so I am going to propose that I work from 9 - 4 (get off an hour early) so that I can switch gears to my fun job - which is cooking!

I can't tell you how happy I am to see Hannah doing something creative with me - she is so talented in that area.

Want to know my ultimate dream?
Hannah and I both quit our jobs and we build a cooking studio in the back of our property.

Across from the studio is an Air B&B where people can come stay and cook with me - how fun would that be?

All I know is that we aren't going to get there just thinking about it. We are actually putting the wheels in motion, and I am loving it.

Here's to an awesome week!

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



I am still enjoying my bike riding! Love finding new paths to try out so it keeps it interesting.

Friday night I found a new path that was so steep, at least four times there were signs that said "please dismount your bike and walk." It was challenging - I think I'll save that trail for walking.

Next week I plan to bring back Dannah Eve - it was a strength training band workout I did in May and June. My shoulders are feeling tight and I need to bring that back to the routine. I have a discount code of 15% off her products: mybizzyktichen - if you want to check it out.