

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



I HAD PLANS!

This past weekend for the first time in months, I actually had places to go! All safely, of course. I had two followers in town from Washington State and they asked to meet up with me, and it was such a lovely time.

It was the first time I sat down at restaurant, I almost forgot what it was like. A bit different now. No menus, just cards with codes to pull up the menus on your phone.

The tables were distanced, the server wore a mask the whole time. It was just nice being out and doing what I love. Thank you Erin and Marci for a fun evening! By the way, they are both down 100 pounds - wow!



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BLUEBERRY HAND PIES

These pies are great for meal prepping because they can be made in advance. Just freeze them on a cookie tray for 30 minutes and then store in a plastic bag. The pies easily go from frozen to toaster or air fryer on those busy mornings where you don't have time to make breakfast.

For the filling:

- 1 cup apple, diced
- 1 cup blueberries
- 1/8 cup Truvia® Sweet Complete
- 1/8 cup water
- 1 tablespoon cornstarch
- 1 tablespoon lemon zest

Place all the filling ingredients in a skillet and cook over medium heat for 5 minutes. Let cool completely. This can be done ahead of time.

For the dough:

- 16 ounces skinny pizza dough (or 16 ounces store bought pie dough)
- 1 tablespoon Truvia® Sweet Complete (for topping)
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For the glaze:

- 6 tablespoons Truvia® Confectioners
- 1 teaspoon almond milk (or milk of choice)

Blend glaze ingredients together and set aside. Heat oven to 425. Roll out dough into 8, two ounce circles. Divide filling mixture between the hand pies. Fold over, crimp with a fork to close the hand pie. Spray with avocado oil and sprinkle with the Truvia® Sweet Complete and bake for 20-25 minutes. Cool.

Drizzle with glaze and enjoy! Who wants to come over for brunch?



I've never met a biscuit I didn't like - check out my cottage cheese biscuits - only 4 WW points on any plan!

Cottage Cheese Biscuits



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SUPPORTING FRIENDS & DINNER OUT

My friend Christina has been going through infertility for several years with her husband. I don't need to go into all the details, but she's having a hysterectomy this week.

On Saturday she had a "goodbye uterus" get together and it was good to see her, even under those circumstances.

But it was great to see her and put a positive spin on something like that. She didn't ask for gifts, just feminine hygiene products to donate to a local charity.

Check out these cookies! [You can check out the local baker here.](#)



You can follow [Christina's Instagram here.](#)

Since I was so close to my Mom's house after the the get together at Christina's, I decided to surprise my Mom and take her out to dinner.

We went to a Chinese restaurant that only had two tables with mostly take out, but it was so nice to just sit across a table and enjoy each other's company and have someone else cook the food. Our shirts even matched!



Life

I have two new activities that I am enjoying. One is Yoga and one is bike riding!

I just completed 16 days of 30 days of yoga. [You can find Katie's channel here.](#) I've talked about her before, but I have to say that I literally look forward to this every day. If you haven't tried yoga before, she is the perfect teacher to start out with.

She has almost 400 videos uploaded now! She is a WW and has lost 100 pounds and does no other exercise than yoga. She's a great teacher, I make modifications when I have to (um, there is no way I am touching my fingers behind my back) but even after just a couple weeks, I can already feel that I am more flexible and my goal by the end of the 30 days is to be able to touch my fingers to the ground. That's Katie in the head stand - goals!

I am loving bike riding! What I hated was biking around my neighborhood that is super hilly and just a bit too much traffic for my taste.

I found a [bike trail](#) 15 minutes from my house and it's gorgeous. The paths are covered with trees and it's probably 15 degrees cooler while biking. So glad I tried some new things. My advise to you is keep trying stuff until something sticks!

While I would love to go to a barr class, or hot yoga class, those types of classes will wait. I still haven't gone to Planet Fitness yet, but I think I can wait a while longer before trying that.

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

