

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



MAINTENANCE WEEK

I did my weekly weigh in on Saturday and I stayed EXACTLY the same. Like how does that happen with all the food, liquids, bathroom trips, etc., do I stay the same?!

I finally got my COVID results back, happy to report that I don't have that, but I have bronchitis this is hanging on - it's been three weeks (this week is #4) and I am over it. Sadly, other than drinking plenty of liquids, I just have to wait it out. I got my bike on July 3 and I've only ridden it once!

Hopefully this week I will be back in the saddle so to speak. My food choices were great, although looking back through my journal, I had a few days if I didn't eat breakfast, that I was only at around 1,000 calories a day. Huh. So this week I will up the calories by adding a couple handful of nuts or peanut butter.

Seems like since I am not eating like an asshole my food choices are pretty low calorie!



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CARROT CAKE PANCAKES

Since I didn't have my COVID results the last two weeks, I've done Mariano's pick up. You guys who have been following me regularly know that I LOVE grocery shopping. Looking at all the things, comparing prices, etc.

Last week I had on my list: one pound back of carrots. A sweet girl named Emma called me to say they didn't have one pound bags, but she could substitute baby carrots. Um, now thank you - baby carrots taste like ass. I told her "just give me a bigger bag of carrots if you have it - or even loose carrots." When I got home I opened my grocery bag and she gave me a FIVE pound bag of carrots. Oh My Lerd!

So that's where these carrot cake pancakes came from. I made them earlier in the week, but I added too much baking powder and needed to add more carrots. The result is these delicious pancakes - on top is a sugar free glaze made with Truvia's confectioners sugar - not sure how readily available that is yet, but check our stores!



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What we once enjoyed and deeply loved we can never lose, For all that we love deepy becomes a part of us. - Helen Keller

CARROT CAKE PANCAKES

- 2 cups self-rising flour
- 3 tablespoons Truvia
- 1 tablespoon baking powder
- 1 teaspoon salt
- 2 eggs
- 1.25 cups unsweetened almond milk
- 2 teaspoons cinnamon
- 2 cups shredded carrots
- 1 teaspoon chopped pecans per serving

In a food processor, add the carrots and pulse until shredded. Add remaining ingredients and pulse just until combined. Pour in a bowl and let batter rest 30 minutes.

Cook 2-3 minutes a side over low heat. To make the glaze: 3 tablespoons Truvia confectioners sugar and add 1 tablespoon almond milk and combine. Drizzle over pancakes. Each pancake is 2 points on any WW plan no matter how many you have - i.e., 2 pancakes is 4 points, three is 6 points, etc.

99 calories, 21 carbs, 9 fat, 3 protein 1 sugar

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REAL LIFE VS. INSTAGRAM

My friend Erica (@everythingerica) on IG posted a short video. It basically said that you can't compare yourself to anyone else online because a lot of what you see isn't real. Her example was that when she tucks in her shirt, it sucks in everything else with it, but once removed, shows that she has a bit of a belly and that it doesn't really matter.

This is so true. Take the photo of the pancakes below:



This was the reality when you pan out! That's what my kitchen looks like on recipe development/photo days. So don't waste your time comparing your life with everyone else's - they may only be showing their highlight reel.



What's On My Menu This Week

I went to the Farmer's Market again last week. I bought another head of cauliflower because I think every Monday going forward I want to have these buffalo cauliflower bites. So good and only 4 points on all WW plans, or 187 calories per serving.



If you think you don't like cauliflower, this is the recipe to try.

Life

Last week I talked about possibly adopting a dog. Because of COVID, I had to fill out an online adoption profile even before getting contacted about adopting. Um, no one has called me, no one answers the phone at the adoption agency, but what I have gotten every day since they have my email address now is a request to donate to their shelter. Boo.

I however realized that what if in a few months I go back to work? I would be back to being gone for 10-12 hours a day. So Hannah and Jacob let me have a puppy sleep over on Thursday night. I had dinner at their house and I brought them home with me. They of course slept with me and it was great having them! It also was nice dropping them off the next day - having a dog is a lot of work!

Be Well, Be Fearless, Have Hope! Love, Biz

