

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



ORGANIZED - SOMEWHAT!

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!



Even though Hannah and Jacob have moved out over 15 months by now, it still amazes me how much stuff I took for granted when Hannah lived with me. She's a cleaning and organizing freak and if my mess got out of hand, she HAD to clean it up, whether I wanted her to or not.

My pantry had gotten the best of me but I realized that I was wasting food because I kept buying stuff that I already had. Case in point: pasta

If you would have asked me if I had pasta I would have told you I probably only had elbow macaroni. Um, turns out I had NINE packages of various pastas.

I went with the OXO brand. I have a Bed Bath & Beyond membership (\$29 per year) so my whole purchase is 20% off. I saved \$64! But Costco also sold a 9 pack for \$47 on sale this month.

I had some people tell me that the OXO brand is amazing, and others said they sucked, so we shall see!

I just love that I can see what I have, but sad that I did throw out a bunch of stuff because I didn't know I had it. Now the test will see if I can keep it clean!



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BUTTERNUT SQUASH AND APPLE SOUP

It's squash season! Butternut, Acorn and Delicata - whoop! I love this butternut squash and apple soup. It screams fall and you definitely need the hot sauce to balance the heat, so if you want to start with a teaspoon and add more, that would work.

Ingredients

- 1 large butternut squash soup*
- 1 large honey crisp apple, cored and sliced
- 3 large carrots, washed and unpeeled
- 4 cloves garlic
- 4 cups vegetable broth
- 1 teaspoon cayenne pepper **
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 brussels sprouts, sliced thin
- 1 teaspoon grape seed oil

Instructions

1. Heat oven to 425. Spray a baking sheet with Pam, and place the butternut squash (that's been cut in half) cut side down. Add apples, carrots and garlic. After 30 minutes, take the apples, carrot and garlic off the pan. Set aside. Cook the squash another 15 minutes, or until you can pierce it with a knife.
2. Let the veggies cool about 20 minutes. Throw everything into a blender, except the sprouts and oil. Blend for 5 minutes - this will give the soup a velvety texture and mimic a bisque even though there is no cream in the soup.
3. Heat grapeseed oil over medium heat, saute the sprouts for about 2-3 minutes - just until they are wilted a bit. Toss with a pinch of salt and pepper and garnish the soup with the sprouts.

NOTES:

I got 2 cups of squash out of my butternut squash. If you don't get two cups, you can make up the difference with canned pumpkin. I like it spicy - to offset the sweetness of the squash and apple, but start out with 1/4 teaspoon and taste and go from there. You can always add more! This soup is ZERO smart points per serving - only 2 for the whole recipe for the grape seed oil.



Looking for more SOUP inspiration? Check out this [Pumpkin Bizque](#)



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

This past week was pretty uneventful! After doing so much last week, it was kind of nice to hang out around the house.

As much as I love being with people, I need to be by myself to recharge. My late husband use to hate that when I got home from working at the restaurant that I wasn't ready to immediately go to bed, and he'd waited up for me. I tried to explain it, but he just didn't get it.

Big week though - my stepson Joe turns 32 years old tomorrow! I am so proud of him and I know his Dad is proud of him too. I think he and his wife are coming back to Chicago for a Bears game sometime this fall, so I hope to see them then.

My late husband would have turned 61 on Wednesday. I just remember he had no appetite and for some reason on his last birthday before he passed away a couple months later, he requested lamb chops! I think he just said that because to me food is love and I wanted to make him something he loved. I think he ate all of two bites.

And my MOMMA turns 81 Thursday! My sister and I will take her out to lunch on her birthday and we can do a brunch on Sunday with the whole family.

The photo of me and Sunny Anderson was taken 7 years ago at a national recipe contest where I placed in the Top 4. 🍷

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

PHOTOS:

BIZ AND SUNNY ANDERSON

WHITE PIZZA: WHIPPED CREAM CHEESE, JALAPENO SPREAD, APPLES, GIARDINIERA AND PROSCIUTTO

WILDGRAIN ARTISAN BREAD - INFO IS BELOW - SO GOOD! MY GRANDPUP NERO IS GETTING BIG!



MY BIZZY KITCHEN DISCOUNT CODES SEPTEMBER

Wildgrain - this is a new brand to me and holy balls is it amazing! I had no idea that you could buy artisan bread and pastry items and cook them straight from freezer to frozen.

It's a monthly membership, but there is no commitment and they remind you three days before each shipment so you can cancel before you are even charged. Use this link to get \$10 off your first box + free brioche buns in each box.

GoHydrate - IS BACK IN STOCK! Bizzy is the code to save you 10% - it's the only way I drink water. It has electrolytes AND Vitamin D! Click here to order.

Petal Sparkling Botanical is a super refreshing sparkling water that is my go to when I am not drinking. Although, side note, it is great with vodka - ha! Use code Biz to save 20%. They are now in Mariano's too

Super-Fuzed oil is back! Use my discount code 12BIZZY OIL to get 12% off. This is the most flavorful seasoned oil and I literally use a teaspoon at a time.

Great on eggs, drizzled over popcorn, tossed in grilled veggies - so good! Use this link via Amazon.

New flavors poblano chili oil and shallot are now available and delicious!

LAIRD PUMPKIN SPICE CREAMER!! HOLY BALLS

YOU GUYS! If you love pumpkin spice, get these creamers - it tastes just like Starbuck's and you can make it at home for a fraction of the cost.

I also tried their buckwheat pancake/waffle mix and **this is hands down the best packaged mix I've ever tried** - maybe because of the buckwheat?? Each pancake is 160 calories and delicious. My discount code BIZ gets you 20% off your order of \$40 or more.

nutreat!

Nutreat is my new favorite treat. I used to be team salty all the way, but when I want a sweet treat, I reach for NuTreat. It is line of low glycemic, fiber-rich puddings that have been clinically proven to keep your blood sugars in check while helping your gut health. And they are delicious! Click this link to try them and get free shipping using code: mybizzykitchen



cooking classes!

Classes are \$20 a class, or for more bang for your buck, you can become a subscriber for \$40 a month to join all four classes, for a 50% savings. [**CLICK HERE TO SIGN UP.**](#)

Even if you are a member, you still need to sign into each class individually.

FAQ:

What if I am unable to attend at the Zoom time? No problem! Every class is recorded and emailed to each person who signs up to watch at your leisure.

Do I automatically get billed if I am a member? Yep! No need to do anything. However you can cancel your membership at any time.

I am not a member, but signed up for a class and realized I can't make it. Can I get a refund? Yes! As long as I have 12 hours notice I can cancel it for you directly. Closer to class time and you can't make it, I can contact Airsubs and get your refund in usually 24-48 hours.

Do I get all access to previous classes when I join? Yep! We have 17 classes in our on demand library for you to watch at your leisure.

SEPTEMBER CLASSES ARE UP!

SEE THE FOLLOWING PAGE FOR DETAILS

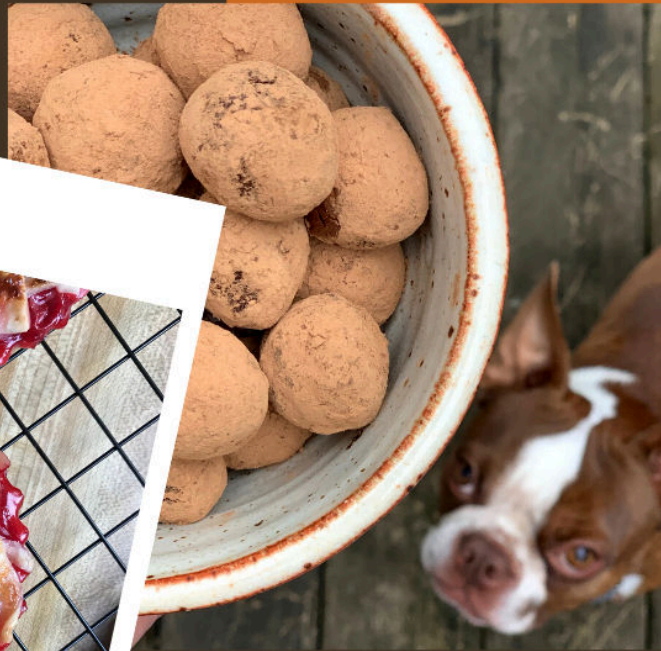
STILL ONE MORE CLASSES THIS MONTH - DESSERTS!

OCTOBER CLASSES WILL BE UP NEXT WEEK

And thanks to everyone who still gave us a great review on the last class - much appreciated! We now have **131 five star reviews!**

Hugs, Biz and Hannah

September Cooking Club Classes!



SEPTEMBER 1: SWEET POTATO!
SWEET POTATO WONTONS
BLACK BEAN SWEET POTATO CHILI
SWEET POTATO BANANA PANCAKES

SEPTEMBER 8: SALADS!
BLACKENED CHICKEN IN A JAR
BUFFALO BURGER SALAD
BANG BANG SHRIMP SALAD

**SEPTEMBER 15: STEW! SAUCE!
BRAISE!**
BLACK BEAN & SAUSAGE STEW
PORK RAGU
BRAISED BEEF AND CARROTS

SEPTEMBER 29: DESSERT!
AVOCADO CHOCOLATE TRUFFLES
MINI CHERRY PIES
BLUEBERRY CREAM CHEESE TARTS

