

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



THREE YEARS AGO . . .

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!



Three years ago today I hit 10,000 followers on Instagram. I was so excited! I remember that day I was at the copier for HOURS that day. I was at like 9,988 followers that morning.

I kept refreshing my IG and then when I hit 10k I ran to my bosses office and yelled "I just hit 10k followers!" He had no idea what I was talking about - ha! So I ran to an associates office and he jumped and down with me - so fun! I had no aspirations of getting any more - I just really wanted the swipe up to guide you to my website easier. ♥

I have no idea what I am doing really. 🤪. I just show up as myself and hopefully people don't get offended by my lack of doors on my kitchen cupboards and the fact that I rarely wear a bra.

I so appreciate that you guys stop by more corner of the world which allows me to do what I love - creating recipes and being bizzy in my kitchen, which helps you get bizzy in your own kitchen.

Your support does not go unnoticed, and I appreciate each and every one of you every day.

Hugs!



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PUMPKIN BLUEBERRY BARS

I am notorious for using half a can of this, half a can of that, and storing the second half in my refrigerator, only to throw that can out two weeks later when I clean out the fridge.

On Saturday I did a deep clean of my fridge and found a half can of pumpkin puree that needed to be used up. A quick look in the pantry and I had oats, and a quick look in my freezer and I still had some blueberries from the trip my Mom and I took to Door County.

Note: I don't normally bake. It's not like cooking where you can taste as you go, so I am THRILLED with how delicious these turned out.

This made 8 servings. I couldn't find my 8x8 pan, so I used an 8 inch cake pan.

Ingredients:

For the "bars"

- 2.25 cups old-fashioned oats (or quick - doesn't matter), divided
- 1/2 cup self-rising flour (regular works too)
- 1/4 cup chopped pecans
- 1 teaspoon salt
- 1 teaspoon pumpkin pie spice
- 1 cup canned pumpkin puree
- 1 tablespoon oil (I used avocado but any works)
- 1/4 cup sugar free pancake syrup
- 2 teaspoons baking powder

For the blueberry topping:

- 1 cup blueberries (I used frozen, fresh works)
- 1/4 cup lowfat buttermilk
- 1 tablespoon lemon juice
- 1 tablespoon lemon zest
- 1 tablespoon coarse sugar

Heat oven to 350.

Mix the above bar ingredients together. I don't usually separate the dry from wet - a good whisk gets it incorporated.

Place in a 8x8 pan or 8 inch pie pan sprayed with avocado oil spray. Press down a bit. Bake for 10 minutes.

Mix the blueberry topping. Place on top of the pumpkin bar and press slightly. Bake an additional 20 minutes. Cool before slicing.



On #wwpurple each slice is 2 points. On #wwblue and #wwgreen, each slice is 5 points. If you count calories or macros, each slice is 254 calories, 5.9 fat, 42 carbs, 6 fiber and 7.3 fiber.

Looking for a savory pumpkin recipe? Check out my [pumpkin chicken chili](#).



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

Hannah and Jacob celebrated their FOURTH wedding anniversary last week.

I always knew Hannah and Jacob would be together forever, but either they would never get married, or one day I would come home from work and they would tell me "hey we got married today!"

But Jacob's grandma was sick and they wanted her to see them get married and we put together a wedding reception/wedding together in three weeks time. It was perfect for them!

Sadly his grandma died on December 2 - a mere six weeks after they got married, and coincidentally the same date my husband died. I am so happy she was able to see them get married.

I've been busy working on Cookbook #2 still. Are you sick of me talking about it yet - ha! My brother is helping me SO MUCH - not only with a redesign of the first cookbook (which will be republished as a Second Edition soon!) but always being available when I FaceTime him at 10:30 in the morning on any particular day. Love you Charlie! I wish I had your skills!

Our temps have started to dip and I am loving it. This morning I woke up and my house was at 55 degrees.
#love

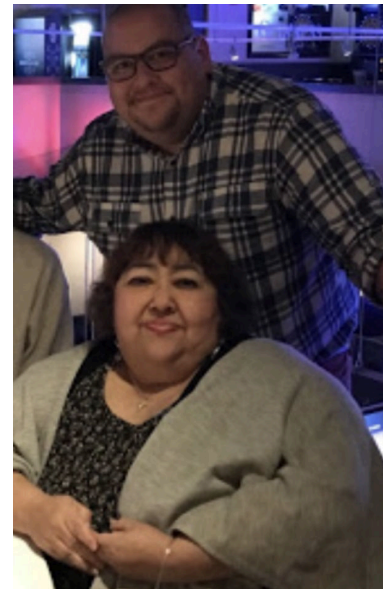
Until next time!

PHOTOS:

HANNAH & JACOB WEDDING 2017

JACOB AND HIS GRANDMA

BUFFALO CHICKEN CHILI - ON TAP FOR THIS WEEKS COOKING CLASS!



MY BIZZY KITCHEN DISCOUNT CODES OCTOBER

Beekeeper's Naturals - I love their B. Immune Throat Spray. I use it four times a day - twice when I wake up and twice when I go to bed. It's travel size and perfect for on the go - whether in your car, at the airport or anywhere! mybizzykitchen25 gets 25% off your order using this link.

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.](#)

Super-Fuzed oil is back! Use my discount code 12BIZZYOIL 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!

BRANCH BASICS! I am shouting because they have become my favorite cleaning products. They provide a concentrate, and they tell you how much concentrate to add to your spray bottles - from all purpose, to bathroom, etc.

The window/mirror streak free cleaner is crazy. You only need ONE DROP of the concentrate for the whole sprayer. I cleaned the shelves of my refrigerator and my fridge has never looked cleaner.

I also used it for the doors of my wood burning stove. I had forgotten there was an etched drawing in one of the doors! I just sprayed the streak free cleaner and let it sit 10 minutes, and it wiped away like butter. (see the before and after in the side bar!)

[Use this link](#) and my discount code to save 15% off the starter pack (other than trial) and thank me later. You'll love this stuff! Discount code: mybizzykitchen

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 news!

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.

This past week Hannah and I found out that the platform that hosts our cooking classes is going out of business. While there is an option to move stuff over to a new platform, it seems harder to manage, the cost is more to host, and we have decided that October will be our last month to sign up. We will reevaluate in the new year.

I am going to send a poll out to the members, but for now, I think the only way to save the videos is to put them on YouTube - which would be free, so not sure how you guys would feel about that? Feel free to email us at mybizzykitchen@gmail.com - I have until November 30 to remove the videos from AirSubs.

ONLY TWO CLASSES LEFT!

OCTOBER CLASSES ARE UP!

This week is Buffalo Bananza - Buffalo Chicken Chili, Buffalo Chicken Bombs and Buffalo Chicken Pizza

And thanks to everyone who still gave us a great review on the last class - much appreciated! We now have **145 five star reviews!**

Hugs, Biz and Hannah

COME TO GREECE WITH ME!

It's official! I will be going to Greece on
October 13 - 20, 2022
and I want to take you with me!



Here is the official link to get all the information from trip details, refunds, COVID restrictions, etc. If you have any questions, please shoot me an email at mybizzykitchen@gmail.com