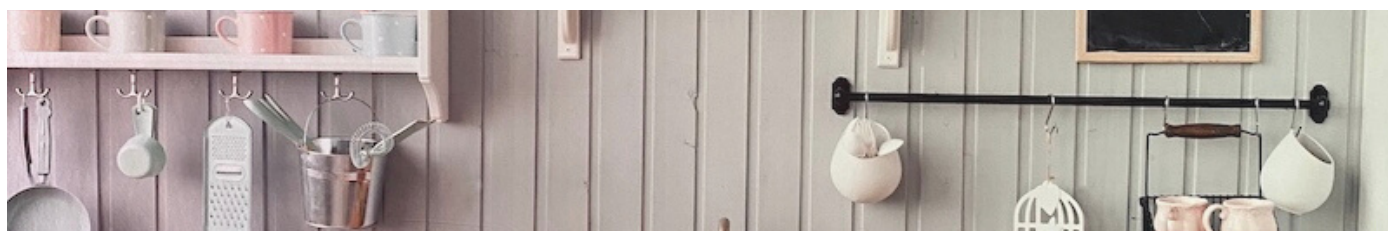


MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



UP 1.8! 🍷

Bodies are weird. Last week I was down 1.8 after two trips, and this week I was up 1.8!

But weight loss isn't a straight line. Who knows it could have been a residual gain from my trips, but the number on the scale doesn't define me. I've tracked 274 days in a row - a new record for me! I track it all, even if I go over my points. It's now a daily habit and I don't think twice about it.

Question of the Week Last Week: Do I eat my activity points? Nope! Unless I was doing something extreme like crossfit, I think I eat enough to fuel my workouts - which lately have been just walking and online videos. I did hit up the gym pool this week - so that was awesome! Although I miss the music and live DJ that my city pool had - ha!

This week I am also upping my water intake - I am good about 64 ounces but I am going to shoot for 90 ounces.

As always, I have a link if you want to join WW (it's anonymous) if you want to try the program out. You get a month free, and I get one too - win win!
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My Cookbook has been out for 8 weeks and I've already gotten 77 five star reviews!! If you bought the book and can rate and review on Amazon, it really helps my ranking - thank you!!

Amazon - [click this link](#) and you'll be able to buy it for \$19.95 for the Kindle version, or pay \$24.95 for the printed paperback version. **UPDATE! It's now 21% off today, not sure why Amazon discounted it, but now is your chance to get it on sale.**

If you want an eBook (basically a pdf) [you can use this link to](#) purchase for \$19.95.



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PUMPKIN PIE PARFAIT

Yep, still on the pumpkin train! And I won't be getting off of it for a while, so either you're welcome, or I'm sorry. 😊

This pumpkin parfait is the perfect dessert - or add greek yogurt and make it a breakfast! Inspired by:

<https://belleofthekitchen.com/pumpkin-pie-parfaits/>

Ingredients

- 2 - one ounce packages of sugar free pudding mix (we used 1 cheesecake and 1 vanilla)
- 2 cups unsweetened oat milk (or any milk of choice)
- 1 cup canned pumpkin
- 1 teaspoon pumpkin pie spice
- 4 tablespoons granola
- 8 tablespoons whipped cream topping
- 1 large apple (honeycrisp or fuji), cored and diced
- 1/3 cup water
- 1 teaspoon cornstarch
- 1 teaspoon sugar
- 1 teaspoon cinnamon

Instructions

1. Mix the sugar free puddings with the milk and set aside for 5 minutes, or until thickened.
2. Blend in the pumpkin and pumpkin pie spice.
3. Place the apples, water, cornstarch, sugar and cinnamon in a skillet and heat over medium heat. Cook for five minutes, or until thickened.
4. Layer Parfait: pumpkin pudding, whipped cream, apples, granola - simply divide the pudding/apple mixture between 4 parfaits.

These can be made ahead of time - simply add the granola and whipped topping right before serving.



Pumpkin Pie Parfait

BLOG UPDATE!

While I have been spending hours a week working on SEO for old blog posts, I haven't updated my blog in quite a bit.

Soon each week I plan on doing a "What I Eat In A Day" posts so that you may get inspiration in your own journey.

When I first started blogging, I thought I had to come up with these elaborate recipes, but the older I've gotten and working from home, I find that sometimes it's quite alright to have a hotdog and pretzels for lunch or dinner.

It's my goal in January 2023 to have weekly meal plans for you guys.

You can find my blog at: mybizzykitchen.com



LIFE

Last week was a week of birthdays in my family!

My step-son Joe turned 33, my late husband would have been 62 and my Mom turned 82!

I did shed some tears on my late husband's birthday. I can't believe he's been gone almost 8 years.

My Mom traveled to Texas to spend her birthday with my brother and his family at the beach. She comes home tomorrow, but the pictures my brother sent me looks like they are having an amazing time.

THIS IS MY HUGE NEWS!!!!!!

Starting in October (which is next week!) my daughter Hannah will be working with me full time! We are both so excited we can hardly stand it.

It was one of my goals when I quit my job that I could hopefully get to the point that I could hire her. She's been working 12 hour days at her job (salaried, no overtime) for the longest time and let's just say her work/life balance was way off.

With her help, we will be posting videos weekly to my YouTube channel and just overall will be able to get so much more content done. We hope to have a holiday eBook available too!

One of the best ways you can support us is to like, comment and share our stuff on Instagram, and if you can subscribe to my YouTube channel, that would be amazing! [You can find it here.](#)

Hannah is one of the most creative people I know, and to have the opportunity to not only spend more time with her, but give her the space to live life outside the 9-5 corporate life is going to make me so happy!

I also told her that management is pretty cool. 🤖



Joe and I in December 2014



My late husband, Jeff (aka Tony)



Four Generations!



In case you missed it, these pumpkin crunch muffins are insanely delicious!

[Click here for the recipe!](#)



MY BIZZY KITCHEN DISCOUNT CODES SEPTEMBER

GoHydrate - IS BACK IN STOCK! Bizzy is the code to save you **15%** - it's the only way I drink water. It has electrolytes AND Vitamin D! [Click here to order.](#)

ZeroCarbLyfe - my discount code is back with ZeroCarb! I love their chicken crust. Yes, it's on the pricey side, but I have tried to make this low carb crust a dozen times and it's nowhere near how delicious theirs is. The key is to bake it naked for 6 minutes at 500 degrees, then top and cook 6-8 more minutes. Last week I made a Mexican pizza with pickled jalapenos - so good! [Click this link and use code Biz](#) to save 15% off your order.

Spritz! Holy balls you guys. This is a new find for me and I am obsessed. These wine cocktails are insanely delicious and only 2 WW points each! It's light, bright and vibrant and I am officially obsessed. I already placed my second order with them. I think my code is only active until the end of August so hurry and save 15% by using code Biz - [click this link to purchase](#) - 1000% Biz approved!

Safe + Fair is my go to for granola, snacks, protein powder and popcorn. All of their products are free of so many food allergies, including food dyes, and are sold at a fair price. [Use Code Bizzy20 to save 20% off your order.](#) If your order is over \$40 after my discount, you get free shipping too! **Note - my code changed to Bizzy20 going forward.**

"Craveworthy flavors + clean ingredients. We make food for everyone at an honest price. It's the Safe + Fair promise."

BIGGEST NEWS EVER!!! I HAVE A DISCOUNT CODE FOR BAKING STEEL! It's Biz10 and [click here for the link.](#) It's good on all their products site wide. I have the original baking steel that I've had for 5 years. 1000% Biz approved!

Cooks Venture discount is back!

Hands down the best chicken I've ever cooked in my own home. They raise the chickens on an 800 acre pasture, and with my discount of Biz50 you get \$50 off your first order. [Click here to save.](#)

