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The Braces Cookbooks



The Discovery Box is happy to share the news that The Braces Cookbook 2 (Comfort Food with a Gourmet Touch) was a finalist in the Cookbook/Food category of the 2009 Next Generation Indie Book Awards.

If you haven't pick up a copy yet, you can buy it now for \$14.95 at BracesCookbook.com

Recipe of the Month



Dark Vanilla Drops

These thick, round mounds are not your ordinary butter or sugar cookies. Brown sugar makes them dark, and an unusual three teaspoons of vanilla makes them intense. Keep them in a tightly-covered container to maintain their soft texture. The dough freezes well so you can bake one panful and keep the rest for later; just defrost on the counter for an hour or so.

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<!--[if !supportEmptyParas]-->
> 1/2 cup
butter/margarine
1/4 cup white sugar
3/4 cup brown sugar
2 eggs
3 teaspoons vanilla
2 cups all-purpose
flour
1 teaspoon baking
soda
1 teaspoon salt
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<!--[if !supportEmptyParas]-->
><!--[endif]-->Preheat oven
to 375 degrees
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<!--[if !supportEmptyParas]--><!--[endif]--> In a
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large bowl, cream together the butter and both sugars with a mixer. Add eggs and vanilla, then mix in flour, baking soda and salt until well combined. Dough will be rather stiff.

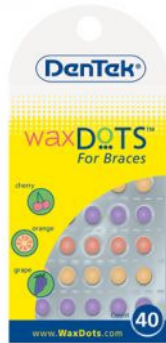
Drop by rounded Tablespoons onto ungreased cookie sheets. Bake at 375 degrees for 9 minutes. Store in a covered container. Makes 3 dozen.<!--[if !supportEmptyParas]-->

-- Chef Ameer's Gourmet Touch: Drizzle ½ cup melted chocolate over cookies after baking, then sprinkle with finely-grated orange zest. This will keep you in the good graces of adults who can't understand how you can make a decent cookie just using vanilla.

New Products – check out availability at your local drugstore or ask your orthodontist about them. (We have no connection with these companies; we just want to pass along information that you may find helpful.



<!--[if !supportEmptyParas]--> <!--[endif]-->
Healthy Teeth for Braces Natural Fluoride Rinse (www.theNaturalDentist.com) This "berry blast" mouth rinse soothes bracket irritations and contains no alcohol, artificial sweeteners, dyes or harsh chemicals.



<!--[if !supportEmptyParas]--> <!--[endif]-->
 Wax Dots (www.DenTekProfessional.com)
 When you only need a bit of wax to put over just one bracket or hook, pop one of these premeasured dots out of its bubble package. They come in clear mint and colored cherry/orange/grape flavors.



<!--[if !supportEmptyParas]--> <!--[endif]-->
 Flossfish (www.flossfish.com) These small plastic fish-shaped devices are a great aid to flossing teeth when you have braces. They allow you to by-pass the more expensive single pieces with stiffened ends, and can be easier to use than traditional floss threaders.

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