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The Braces Cookbooks

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If you're a patient, you can pass along this good news to your orthodontist!

Trivia:

Braces Cookbook
Newsletter No.5 November 2009

Easy Soft-Eating Ideas include:

Tortellini, tuna or crabmeat salad, white or brown rice, pot-stickers, eggs cooked in any form, Vienna sausages, baked potatoes with toppings

Mandarin oranges, applesauce, other fruit sauces, canned fruit slices

Hummus dip, guacamole dip, onion dip, veggie-flavored cream-cheese dip – all with soft, torn-up pita bread pieces

Dining-Out Tips:

Think softer versions of your favorites

Corned-beef hash instead of hard, chewy bacon

Hamburger instead of steak (bite with side teeth)

Mashed potatoes instead of hard chips

Enchiladas instead of tacos

Cooked vegetables instead of raw

Cut up food with a fork instead of taking large bites

See the new 'Tender Tips' article series at www.BracesCookbook.com/tender.htm.

The first laws to regulate dental practice in the US were passed in Alabama in 1841. It took another 27 years before any other state did the same; all states finally passed dental regulation legislature by 1903.

This Month's Recipe



Seriously Good Cereal Cookies

(Makes 4 dozen)

Bake at 325 degrees for 15 minutes

1 cup (2 sticks) margarine, softened

1 cup brown sugar

½ cup white sugar

2 eggs

1 teaspoon vanilla

1 cup oatmeal (quick kind)

1 cup bran flakes

2 cups all-purpose unbleached flour

1 teaspoon baking soda

1 teaspoon baking powder

Your choice: 1 cup raisins (softened in hot water, then drain off the water) or 1 cup chocolate chips (or ½ cup of each)

Preheat oven to 325 degrees.

In a large bowl, with a mixer, blend together the margarine and sugars. Mix in eggs and vanilla, then add oatmeal, bran flakes, flour, soda and powder.

Add the cup of raisins, or the cup of chocolate chips, or divide the dough into two bowls and add the half-cup of raisins to one bowl and the half-cup of chips to the other.

Drop by tablespoon onto ungreased cookie sheets and bake at 325 degrees for 15 minutes, 12 to a sheet.

Eat them right away, or seal them in a tightly-lidded container along with a slice of fresh bread and eat them the next day. Otherwise, these cookies do want to crisp up, so you want to keep them braces-friendly. The bread-slice trick works with many cookies, even store-bought.

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