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The Braces Cookbooks

Trivia:

When you smile, your top teeth show the most. When you talk, people also see a great deal of your lower teeth. Talk to your mirror to see how people see you!

YouTube Braces Info:

For people considering braces, whether they are the parents or the patients, there's a good new series of short YouTube videos posted at the public outreach website of the American Association of Orthodontists.

Check out the topics at:

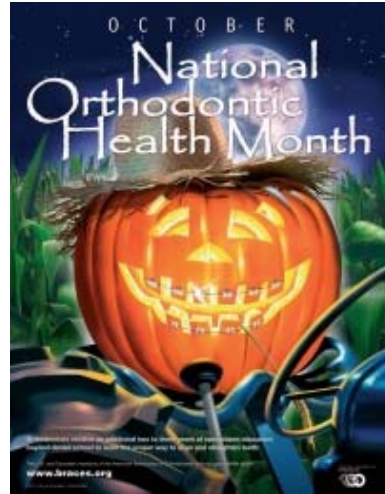
<http://www.braces.org/learn/Webisodes.cfm>

So far, there's:

Orthodontics Today
 Health and Beauty through Orthodontics
 Common Bite Problems Seen in Children
 National Facial Protection Month – Play it Safe
 Does My Child Need Braces?
 Adults and Orthodontics
 Orthodontic Basics

The Braces Cookbook Newsletter

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News

It's National Orthodontic Health Month again! It's great to see lots of activity supporting various aspects of improving orthodontic health.

A national orthodontic charity is sponsoring Candy Exchange events to offer healthy alternatives to all of the sweets collected during October, which happens to be National Orthodontic Health Month. Smiles Change Lives has set a goal of collecting 10,000 pounds of Halloween candy in partnership with nearly 20 orthodontic providers nationwide. Families are encouraged to attend these free events to donate their candy in exchange for teeth-friendly prizes. Visit

<http://www.smileschangelives.org/candyexchange> for locations and event details.

And I've teamed up with the American Association of Orthodontists to help spread information about the benefits of orthodontic treatment and ways to treat teeth tenderly even during the festivities of Halloween and other holidays.

I was invited to be on ABC Ch15TV in Phoenix last week, www.abc15.com/dpp/lifestyle/family/make-your-kids-braces-friendly-meals on their Smart Family program, encouraging

parents to help their children avoid hard, crunchy, sticky and chewy foods, especially when they sort out their trick-or-treat candy. Instead, I showed how to make Pumpkin Chocolate-Chip Softies, a cookie that fills the house with the smells of holiday baking. You can make them, too – see the recipe below.

On a totally different note, I thought I'd mention the great technical work now possible to help with some jaw surgeries. Z Corporation of Burlington, Mass., manufactures amazing "3D Printers" that build parts from powdered plaster-like material as directed by the computerized image of a patient's own bone-structure (from Xrays). Read this article about how these models help oral surgeons prepare for tumor removal surgery in jaws. www.deskeng.com/articles/aaayft.htm

Recipe of the Month



Pumpkin Chocolate-Chip Softies

Mmmm – nutmeg, cinnamon and ginger – enjoy the fragrance of Thanksgiving cooking without all the fuss. These cookies combine the moisture of pumpkin purée and the fun of chocolate chips. They're even softer the second day (if you can wait that long), after they've been placed in a tightly-sealed container.

1 1/3 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cinnamon

½ teaspoon ground ginger
½ teaspoon nutmeg
1 (15-ounce) can plain pumpkin purée
¾ cup light brown sugar, packed
2 eggs
¼ cup vegetable oil
2 Tablespoons molasses
1 Tablespoon milk
1 (12-ounce) bag chocolate chips

Preheat oven to 350 degrees. Bake for 25 minutes.

In a medium-sized mixing bowl, stir together the flour, baking powder, baking soda, salt, cinnamon, ginger and nutmeg. In a large mixing bowl, with a mixer or whisk, combine the pumpkin, brown sugar, eggs, oil, molasses and milk. Add the flour mixture slowly into the pumpkin mixture until well combined. Stir in the chocolate chips.

The dough is very soft. Drop by heaping Tablespoons onto greased cookie sheets, 12 cookies to a pan. Bake at 350 degrees for 25 minutes. Makes 36 – 40 cookies. Store in a covered container between sheets of waxed paper.

*** Chef Ameer's Gourmet Touch

Replace all-purpose flour with my favorite secret baking ingredient – whole-wheat pastry flour, about 1 ¼ cups. Not only is it healthier, but it keeps baked goods moist longer. Top these little cookies with a sprinkle of fine sugar for a bit of added sparkle, and bake according to directions.

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