## March 2020 Newsletter





PB&J Rice Krispie Treats

Prep Time: 5 Min; Total Time: 45 Min

## <u>Ingredients</u>

- Cooking spray
- 3 tbsp. unsalted butter
- 1 (10-oz.) package marshmallows
  3/4 c. creamy peanut butter, plus more melted for drizzling
  - 1/4 tsp. Kosher salt
- 6 c. Rice Krispies cereal3/4 c. strawberry jam

## <u>Directions</u>

- Coat a 9"-x-13" baking dish with cooking spray and line with parchment. Coat parchment in cooking spray. In large saucepan over medium heat, melt butter, marshmallows, peanut butter, and salt, stirring frequently. Add Rice Krispies and stir until well coated.
- Press half of the mixture into prepared baking dish and spread strawberry jam evenly over the layer.
   Top with remaining Rice Krispies mixture. Drizzle with peanut butter.
   Let treats cool.
- Slice into squares and serve.

For more recipes similar to this click the link below!

https://www.delish.com/cooking/recipeideas/a31020203/pbj-rice-krispie-treatsrecipe/





The Boys are Back!!!

- March 30th Tigers Opening Day
  March 45th Could away 2th Batrial a Day
- March 15th Corktown St.Patricks Day Parade
- March 13th Detroit Whiskey Festival



- If you've been using floss daily, by the end of the year the total length will be the perimeter of a baseball diamond! Is your floss going to make it to home plate?
- Because birds lack teeth, many swallow stones or grits to aid in breaking up hard foods.
- On average, women smile 62 times a day and men only eight times a day. Step it up, guys!

  The average American appends 38.5.
- The average American spends 38.5 total days brushing their teeth in their lifetime.
- 5. Only 40 percent of young people age six to 19 have had cavities in their life. That's down from 50 percent a decade ago!
- 6. In the middle ages, people thought that a dog's tooth boiled in wine made an excellent mouth rinse to prevent tooth decay. Tasty!
- The Egyptian plover, also known as the crocodile bird, is famous for flying into crocodile mouths and cleaning their teeth.
- 8. Prior to the 1850s, 'toothpastes' were usually powders and contained **soap** and chalk.
- An obscure law in Vermont states that it is illegal for women to wear false teeth without the written permission of their husband. Crazy!
- Different animals have different amounts of teeth; armadillos have 104, pigs have 44, and humans have 32.

## \$25 Gift Card? How can I get mine?

For every new patient you refer, a \$25 gift card is sent to you or a credit is placed on your account!

