

Eby Family Dental

WHAT'S IN THIS MONTH'S ISSUE:

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IT'S THAT TIME OF YEAR FOR SPORTS!

Please make sure that if your kids are playing contact sports they have mouth guards that fit them properly to protect their teeth from any roughness. Many accidents happen each year with losing teeth due to not having protection. Mouth guards are inexpensive compared to losing adult teeth!



DR. JOE IMPLANTS & ORAL SURGERY

Dr. Joe has been coming to our office for many years. He specializes in implants, tissue grafting and extractions among other dental issues. He comes to our office once a month, sometimes twice on Fridays and helps accommodate our patients for the procedures they may need. His schedule does fill up fast, so if you are needing any of these procedures make sure to call and get scheduled!

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clearcorrect

CLEAR CORRECT

Have you been contemplating braces or clear aligners? Not happy with your smile? There are many different reasons that cause us to want or need corrective trays. We have clear correct, which are clear aligners to help straighten your teeth. Call today to schedule your consult to see if this is an option for you!

FEATURED RECIPE

Ravioli Lasagna

Prep Time: 10 Minutes
Total Time: 4-6 Hours

Equipment: Assorted
Crazy Busy Mama

Ingredients:

- 1 lb. Ground Beef - browned
- 1 tsp Garlic Powder or to own taste
- 16 oz. container of Cottage Cheese
- 16 oz jar of Marinara
- 1 - Large bag of frozen Ravioli - or 1 small cheese and 1 small meat
- 2 - Cups Heavy Whipping Cream
- A few fresh Basil Leaves
- Crockpot on low for 4-6 hours
- Shaved Parmesan for top - Add fresh Parsley when serving

Directions:

In a crockpot layer meat, garlic powder, cottage cheese, ravioli, marinara, whipping cream and basil.
When done add shaved parmesan and parsley. Serve immediately.

