

Eby Family Dental

WHAT'S IN THIS MONTH'S ISSUE:

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MOUTH GUARDS

It's never too early to get sport mouth guards. Not having a proper fitting mouth guard can cause a variety of dental issues with the biggest being broken or lost teeth. If you have a child doing fall sports, make sure to get one and ensure it fits properly before the sport start end of summer!



SUMMER IS HERE!

Summer is finally here and time to relax and refresh before the next school year. Take advantage of this time to get in before the school year starts! We have 4 Hygienists who have room in their schedules to get you in! Call our Fort or Jefferson location to get an appointment today!

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EBY GOES TO SCOTLAND

Check out these great pictures from Dr. Eby and her son Conrad going to Scotland!



FEATURED RECIPE

Easy Crescent Veggie Pizza

Prep Time: 20 Minutes
Total Time: 70 Minutes

Equipment: Baking Sheet
www.pollsbury.com.com

Ingredients:

- 2 cans (8oz) refrigerated Pillsbury crescent rolls
- 1 package 8 oz cream cheese
- 1/2 cup sour cream
- 1 teaspoon dill weed
- 1/8 teaspoon garlic powder
- 1/2 cup small fresh broccoli florets
- 1/3 cup quartered cucumber slices
- 1 plum roma tomato, seeded & chopped
- 1/4 cup shredded carrot

Directions:

1. Heat Oven to 375 Degrees
2. Unroll both cans of dough, separate dough into 4 long rectangles. In ungreased 15 x 10 x 1 inch pan, place dough. Press in bottom and up sides to form crust.
3. Bake 13-17 minutes or until golden brown. Cool completely for about 30 minutes
4. In Small bowl, mix cream cheese, sour cream, dill and garlic powder until smooth. Spread over crust. Top with vegetables. Serve immediately or cover & refrigerate 1-2 hours before serving. Cut into 8 rows by 4 rows.
5. Enjoy!

