



{ wellness redefined }

B U D A D E N T A L P R O F E S S I O N A L S



Dear friends,

HAPPY NEW YEAR! We hope this arrives on the heels of a wonderful holiday season for you and your families. It's hard to believe we have already said goodbye to 2014 and are welcoming another new year. As always, when we look back, the first thing that comes to mind is all there is to be grateful for. We want to extend a most sincere thanks to you for making our days at "work" feel like anything but that. We're so honored to be a part of your lives and this special community.

This year you may notice that our recipes have a common thread...health! As you'll discover in the following pages, BDP is making whole body health a more important focus in 2015. Last summer our team went through a month-long detox & cleanse, which none of us had ever done before. It was a great experience that not only kick-started many of our own health journeys, but also brought awareness about how vital nutrition is to our well-being. A few of the recipes we chose to share this year are from our detox guide; they are delicious!

Again, **THANK YOU** for the fulfillment and joy you bring into our lives. Blessings to you, and cheers to a fantastic 2015.

THE BUDA DENTAL TEAM

WELLNESS REDEFINED

Each year, our team breaks away from the daily pattern and spends time reflecting on purpose & vision...both as individuals and as a practice. What became clear to us this year was the desire to incorporate whole body wellness into the dental experience at BDP. We believe that this is not only the right thing to do, but also our responsibility as health care providers.

Over the years we have witnessed a variety of changes in the "average" patient. The number of medications taken has increased. The amount of adults & children who are overweight or obese has increased. More people are consuming processed food, and drinks that are high in sugar. As a person's overall health declines, their oral health suffers as well. We are deeply concerned about this issue, and know that in order to continue our mission of exceptional care for our patients, we cannot ignore it.

While we are not the experts on whole body wellness, WE ARE COMMITTED to becoming more educated every single day, assembling a team of wellness resources and materials for our patients, and truly making a difference in peoples' lives. We commit to meeting each patient where they're at, and motivating/encouraging them to achieve the goals they set for themselves. How we serve you through dentistry is designed with this philosophy in mind.

WE INVITE YOU TO LINK ARMS WITH US AND BEGIN A JOURNEY TOWARD HEALTHIER LIVING IN 2015! 



It's time to get real about food.

FROM **LAURIE DAVID**, PRODUCER OF **AN INCONVENIENT TRUTH**,
AND **KATIE COURIC**

WWW.FEDUPMOVIE.COM

S A T U R D A Y
JANUARY 17 • 11AM

HAYS CISD PERFORMING ARTS CENTER
979 KOHLER'S KROSSING • KYLE, TX 78640

DON'T MISS IT!

On Saturday, January 17th, Buda Dental is hosting **A SPECIAL SCREENING OF THE MOVIE "FED UP"** at the Hays Performing Arts Center (free of charge). We invite you and any of your family/friends to join us ~ you don't want to miss this!

DID YOU KNOW...

- * A 20-ounce bottle of soda contains the equivalent of about 17 teaspoons of sugar. **ONE SODA PER DAY** increases a child's chance of obesity by 60%.
- * By the year 2050, **1 IN EVERY 3 AMERICANS** will have diabetes.
- * Kids watch an average of **4000 FOOD-RELATED ADS** every year (10 per day); 98% of them are for products high in fat, sugar, and sodium.

These are just a few of the staggering facts about the state of America's health and its probable future if things don't change. We feel that this movie sheds light on the health crisis in our country, and wanted to share this information with our patients and the community as a whole. Our hope is that it will spur increased awareness and motivate change.

DOOR PRIZES } **YMCA MEMBERSHIP**
DASH BLENDER
WHOLE FOODS GIFT CARDS
AND MORE!!!

A NEW LOOK

You may have noticed recently that we've shaken things up a bit with our "look"! With the creation of BDP Kids (see next page) and the shift of the practice toward health & wellness, we felt it was the ideal time to update our branding to reflect this. It seems to capture the fresh perspective that we are so passionate about, and we hope you like it as much as we do.

Be on the lookout for our new website which is coming in the near future as well, and don't forget to 'like' our Buda Dental facebook page. It's the best way to stay connected with all the BDP happenings!



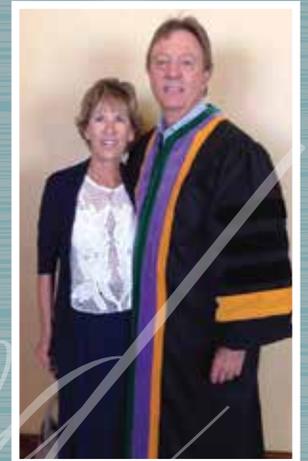
BDP KIDS



It's here! On November 1st, we launched a special new club at Buda Dental Professionals...**BDP KIDS!** It was created to represent the next generation at BDP ~ a generation that has the power to live a life of health all the way into adulthood. Our mission is to inspire change and motivate children & teens to take charge of their dental and total body health. Through fun experimental learning, we collaborate with them on a new level that truly "sticks"! We believe that by mentoring each child one-on-one, we engage their curiosity and assist them in the self-discovery of what a picture of health looks like for them. In nurturing the individual spirit of every single child that walks through our door, we equip them with skills and behaviors that support a lifetime of wellness.

May you and your family enjoy this new approach to children's dental health, and join in our excitement about the hands-on **BDP KIDS LEARNING LAB!**





Life is good

recipes

CLEAN COMFORT ZUCCHINI LASAGNA

DR. TAYLOR

“Fresh and tasty!”

- ▶ 1 large sweet yellow onion, chopped
- ▶ 1 lb. 99% fat free ground turkey breast
- ▶ ½ tsp. sea salt
- ▶ ½ tsp. black pepper
- ▶ 1 tsp. garlic powder
- ▶ 3 large (or 4 small) zucchini, sliced thinly lengthwise
- ▶ 24 oz. low fat, 1% or 2% cottage cheese
- ▶ 1 jar spaghetti sauce (I just discovered Monte Bene sauce...no sugar and all fresh ingredients; absolutely nothing I couldn't pronounce!)
- ▶ bag of shredded non-fat or low fat mozzarella cheese (for topping)

Preheat oven to 350°. Combine onion, ground turkey breast, sea salt, black pepper, and garlic powder in a skillet over medium heat, cooking the turkey until it is no longer pink. Layer zucchini on the bottom of your lasagna pan (I would suggest a more substantial pan, like ceramic) just as you would lasagna noodles, covering any gaps with additional slices of zucchini. Spread 12 oz. of cottage cheese over the layer of zucchini. Add ground turkey mixture over cottage cheese, careful to spread turkey evenly. Spread approximately 1/3 of the spaghetti sauce over the turkey layer. Repeat those 4 layers ~ zucchini, cottage cheese, turkey, sauce. Now place one last layer of zucchini, followed by spaghetti sauce, and then top with shredded cheese. Cover with foil and bake for 1 hour. Remove foil and bake an additional 5 minutes until cheese is golden brown. Let rest for approximately 10 minutes and enjoy! (TIP - This lasagna will be a bit runny, so I recommend serving with a slotted spoon. If time allows, you can let the sliced zucchini dry out for awhile before preparing the dish.)

FAUX ICE CREAM

KAYLA

“Excellent way to use bananas before they go bad...just slice & freeze!”

- ▶ 4 bananas, sliced and frozen
- ▶ Optional extras: assorted berries, vanilla extract, cinnamon, cocoa powder, Nutella

Place frozen banana pieces in food processor and blend until smooth. Add flavors or extras as desired and blend again. Serve immediately and enjoy this tasty treat for two!

NO-BAKE ENERGY BITES

DR. STRICKLAND

“Delicious treat that is kid-approved!”

- ▶ 1 cup oatmeal (you can put in blender first to grind)
- ▶ ½ cup all-natural peanut butter
- ▶ ½ cup honey
- ▶ 1 cup unsweetened coconut flakes (HEB sells the brand Bob's Red Mill)
- ▶ ½ cup ground flaxseed
- ▶ 1 tsp. pure vanilla extract
- ▶ ¼ - ½ cup dark chocolate chips (optional)

Stir all ingredients together in a medium bowl until thoroughly mixed (sometimes it's easier to just use your hands to mix it all together). Let mixture chill in the refrigerator for 30 minutes. Once chilled, roll into balls of whatever size you would like. Store in an airtight container and keep refrigerated for up to 1 week. Makes about 20 - 25 (1" to 1½") bites.

GRAIN-FREE MINI CREPES + RASPBERRY FILLING

JANNETTE

“So delicious and fun to make!” (Serves 2)

CREPES

- ▶ 2 eggs
- ▶ ¼ cup pumpkin puree
- ▶ 1/3 tsp. cinnamon
- ▶ pinch salt (optional)
- ▶ coconut oil for the pan

RASPBERRY FILLING

- ▶ 1/3 cup frozen raspberries
- ▶ ½ organic lemon, squeezed
- ▶ 2 tsp. ground flax OR ground chia seeds

Begin to make the raspberry filling. In a small saucepan over medium heat, combine frozen raspberries, lemon juice, and flax. Bring to a boil. Reduce heat, and simmer for 15 minutes...no longer. Immediately remove from heat. Make the crepes. Preheat a pancake griddle, crepe pan, well-seasoned cast iron pan, or eco-friendly nonstick pan over medium heat.

Using a whisk, combine eggs, pumpkin puree, cinnamon, and salt (if using). Use roughly a 1/2 tsp. of coconut oil to coat the bottom of the pan. Use a little less than 2 Tbsp. of batter per crepe (when they are larger than 2 Tbsp. they are harder to flip). Cook until golden on the bottom, and relatively cooked on the edges and the middle. Flip to brown on the other side. Remove to plates. Along the center of each mini crepe, spread a scant tablespoon of raspberry filling and fold in either side. Serve and enjoy!

Makes about 8 small crepes, for 2 medium servings. Leftover pumpkin puree can be stored in a small airtight container in the fridge until you use again.



VEGETABLE SALAD

DR. THAMES

"Grandma's recipe!"

- ▶ 2/3 cup olive oil
- ▶ 1/3 cup tarragon vinegar
- ▶ 1 tsp. sugar (pure cane sugar or Stevia)
- ▶ 1 tsp. salt
- ▶ 1/2 tsp. Tabasco sauce
- ▶ 4 Tbsp. dillweed
- ▶ 2 Tbsp. parsley
- ▶ 1 Tbsp. chives
- ▶ 1/2 cup sliced mushrooms
- ▶ 2 cups cauliflower
- ▶ 1 can artichoke hearts
- ▶ 1 can green beans

Mix oil, vinegar, sugar, salt, Tabasco, dillweed, parsley, and chives to make the dressing. Pour dressing over the vegetables and refrigerate overnight.

CROCK POT CHICKEN TACOS

JAMIE

"Quick and easy recipe that is great on work days!"

- ▶ 2 lbs. boneless, skinless chicken breasts
- ▶ 1 cup chicken broth
- ▶ 1 package dry taco seasoning (or make your own!)
- ▶ tortillas (brown rice or white corn are great options)

Mix chicken broth and taco seasoning in a bowl. Place chicken in slow cooker, then pour broth mixture over it. Cover and cook on low for 6 - 8 hours. Remove from slow cooker and shred chicken with a fork. Serve with tortillas and any garnishes you enjoy such as salsa, avocado, cilantro, etc. Also, plain greek yogurt is a great alternative to sour cream!

CLASSIC GREEN GODDESS SMOOTHIE

SILINA

"Smoothies are a great breakfast for kids, too!" (Serves 1)

- ▶ 1/2 cup frozen pineapple
- ▶ 3 - 4 chunks frozen mango
- ▶ 2 - 3 cups (about 3 oz.) power greens blend, kale, or spinach
- ▶ 1/2 Tbsp. flax seed
- ▶ 1/2 fresh lemon, juiced
- ▶ 1 cup water OR coconut water

Blend all ingredients and enjoy!



BLACK BEAN SWEET POTATO TURKEY CHILI

HEATHER

"Great for parties!"

- ▶ 1 small yellow onion
- ▶ 2 cloves garlic
- ▶ 1 - 14.5 oz. can fire roasted tomatoes with juice
- ▶ 1 - 15 oz. can black beans
- ▶ 2 cups sweet potatoes, peeled & cubed
- ▶ 1 lb. ground turkey breast
- ▶ 1 bay leaf
- ▶ 3/4 tsp. cumin
- ▶ 1/2 tsp. oregano
- ▶ 1/8 tsp. sea salt
- ▶ 1/2 tsp. coarse ground pepper
- ▶ 2 Tbsp. chili powder
- ▶ 1/2 tsp. cayenne pepper
- ▶ 1.5 cups water

1) Put vegetables and beans in bottom of crock pot. 2) Layer ground turkey breast, spices, seasoning, and water. 3) Place lid on crock pot and cook on low for 8 hours. TIP - If you are pressed for time, 1 hour on high equals 2 hours on low. 4) Carefully remove lid and stir chili. Adjust seasonings to taste. 5) Replace lid, cook for an additional 20 - 30 minutes on low before serving.

WARM ROASTED BUTTERNUT SQUASH SALAD

LISA

"Delicious alternative for a side dish!"

- ▶ 1 medium-sized butternut squash, peeled and cubed
- ▶ 3 - 4 Tbsp. olive oil, divided
- ▶ sea salt & black pepper
- ▶ 1/4 cup raw pecans
- ▶ 2 Tbsp. brown sugar
- ▶ 2 cups baby spinach or arugula, chopped
- ▶ 1/4 cup dried cranberries
- ▶ 1 Tbsp. balsamic vinegar
- ▶ goat cheese OR gorgonzola cheese (optional)

Preheat oven to 400° and position a rack in the center of the oven. Toss butternut squash cubes in 1 1/2 Tbsp. olive oil, 1 tsp. sea salt, and 1/2 tsp. black pepper. Roast for 15 - 20 minutes, or just until tender. (You don't want it to get mushy, just tender.) While roasting, prepare your pecans by heating in a medium skillet over medium heat. Once hot, add pecans and toss/stir until toasty and fragrant, being careful not to burn them. Remove from skillet. To the same skillet add 1 Tbsp. olive oil and 2 Tbsp. brown sugar, stirring to combine. Add pecans back into skillet along with a pinch of salt. Toss for a minute or two until fully coated. Transfer to a plate to cool, spreading pecans out to ensure that they don't stick together. Place your greens in a bowl and add cranberries. Once butternut squash is done, toss it right into the bowl, along with the pecans. An optional addition is the goat or gorgonzola cheese. Serve immediately.

CLASSIC SCRAMBLE

KRISTIN

"A great twist on scrambled eggs!" (Serves 1)

- ▶ 2 eggs, beaten
- ▶ 1/8 cup chopped crimini mushrooms
- ▶ small handful spinach, cut into ribbons
- ▶ 1/8 cup chopped yellow onion
- ▶ 2 tsp. coconut oil
- ▶ 1/2 tsp. salt & pepper
- ▶ ripe avocado (optional)

In nonstick pan over medium heat, melt coconut oil. Add onion and mushrooms. Sauté until onions are translucent. Add spinach; sauté 1 minute. Add eggs and scramble until the eggs are completely cooked. Season with salt and pepper. Wrap in a brown rice tortilla or eat on its own.

VARIATIONS:

Italian Scramble...basil, tomato, onion.

Mediterranean...artichoke hearts, roasted red pepper, spinach, and garnish with hummus.

DUTCH OVEN GRECIAN CHICKEN

MARLA

"Very savory!"

- ▶ whole chicken
- ▶ 2 lemons, sliced into thin rounds
- ▶ 3/4 cup garlic, peeled
- ▶ 1 Tbsp. dried oregano
- ▶ salt & pepper
- ▶ 1 - 2 pats of butter (optional)

- Preheat oven to 375°.
- Stuff half of one lemon into chicken's cavity with 5 - 8 garlic cloves.
- Generously salt and pepper chicken.
- Put in dutch oven and throw in the rest of the lemon and garlic.
- Sprinkle chicken with oregano.
- If you like extra crispy chicken, add a pat or two of butter to the top.
- Put lid on and bake in the oven for 1.5 hours, checking the temperature every 20 minutes.
- You want the temp to get to 160°, and then remove the lidded dutch oven as it will continue cooking to reach the safe internal temperature of 165°.
- Let dutch oven sit for 10 minutes after removing from oven to allow for carryover cooking so the juices can rest.
- Remove from pan and carve.

BANANA BREAD

BLANCA

"Quite possibly the healthiest and best banana bread you'll ever have!"

- ▶ 1 1/2 cups whole wheat OR almond flour
- ▶ 1/2 tsp. salt
- ▶ 1/2 tsp. baking powder
- ▶ 1/2 tsp. baking soda
- ▶ 3 large ripe bananas
- ▶ juice of one lemon
- ▶ 1/3 cup coconut oil, melted and cooled
- ▶ 1/3 cup raw, organic honey
- ▶ 1/2 cup organic flax meal

Preheat oven to 350°. Mash banana and lemon juice together, then add honey and oil. Sift dry ingredients together (except flax) and stir into banana mixture. Gently fold in flax meal, being careful to not over mix (this batter will be stiff, and will get tough if over mixed). Bake for 45 - 50 minutes and cool a bit before serving.

NO-COOK OVERNIGHT OATS WITH BERRIES & NUTS

NICKI

"It's great having breakfast already made before you go to sleep!"

- ▶ 1/2 cup Bob's Red Mill 10-grain hot cereal
- ▶ 1/2 cup almond milk, or preferred milk type
- ▶ 1 tsp. sunflower seeds
- ▶ 1 tsp. chopped almonds
- ▶ 3 - 5 fresh blackberries (or any kind of berry), chopped
- ▶ about 6 raisins
- ▶ 1 tsp. dried mangos, chopped
- ▶ 1 tsp. honey or brown sugar
- ▶ 1/2 tsp. chia seeds (optional)

In small mason jar or small glass bowl, add oats to about one third full. Add dry toppings and gently mix with fork; add berries last. Pour milk over top and wait a few minutes to absorb. Pour again until a little milk lingers on top. Cover and refrigerate overnight, or at least 6 hours. Serve with a little brown sugar (and more almond milk if desired.) Makes 1 serving.



A close-up photograph of green leaves, possibly from a succulent, with a soft, out-of-focus background. The leaves are vibrant green and have a slightly waxy texture.

BE INSPIRED

A close-up photograph of small, light blue flowers with yellow centers, set against a dark, blurred background. The flowers are in sharp focus, while the surrounding foliage is out of focus.

LIVE WELL

A close-up photograph of large, green, waxy leaves, likely from a succulent. The leaves are layered and have a prominent vein structure. The lighting is soft, highlighting the texture of the leaves.

2015

Jummy!

ENJOY
THE RECIPES
AND MAY YOUR
WELLNESS BE
REDEFINED IN THIS
FRESH NEW
YEAR...



512.295.5555

www.budadental.com

220 Main Street
Buda, Texas
78610