

Recipe #1 of 6 - Can't Wait? Download the rest at...
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HOMEMADE BROWNIES

- 2 squares unsweetened chocolate
- ½ cup butter
- ¾ cup sifted flour
- ½ tsp baking powder
- ¼ tsp salt
- 2 eggs
- 1 cup sugar
- 1 tsp vanilla
- 1 cup chopped nuts



DIRECTIONS:

Preheat oven to 350°. Sift together flour, baking powder and salt. Set aside. Melt butter with chocolate. In large bowl beat eggs and sugar until light. Beat in chocolate mixture and vanilla. Stir in flour mixture and nuts. Spread evenly in greased pan. Bake 25-30 minutes.



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Do you suffer needlessly from Headaches?

Are you finally tired of the pain? Many people are learning that their bite can cause these problems. If the Trigeminal nerve, neck and chewing muscles aren't comfortable with the dental bite, this can create tension headaches and migraines. Relief comes when bite forces and jaw posture are balanced and muscles finally relax.

Recipe #2 of 6 - Can't Wait? Download the rest at...
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CHICKEN ZUCCHINI LASAGNA

- 4-6 Chicken Breasts
- 3 Cloves Garlic
- Onions and mushrooms
- 1 Jar of Spaghetti Sauce
- 1 can Olives, Diced
- 1 can of Stewed Tomatoes, chopped
- 3-5 Zucchini, cut & chopped
- 1 bag of large Shell Noodles
- Cheese



Cut Chicken into bite size pieces. Cook Chicken in an electric skillet with Garlic. (Onions and mushrooms if you like them). Add sauce and remaining ingredients to chicken. Simmer for 10-15 mins. While all ingredients are simmering, boil a pot of water and cook shell noodles. (Follow directions on package). Mix noodles and sauce mixture together then put in 9x13 dish. Top with grated cheese and bake at 350° for 30 mins.



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Does Your Spouse Snore?

Are you tired of the sleepless nights, separate bedrooms, and lost energy? If snoring keeps you awake (yours or theirs) it often only requires a simple mouth appliance made by your dentist to prevent the snoring and restore peace to the household. Sometimes snoring only masks a more serious sleep apnea problem.