



# SOLUTIONS DENTAL

## DENTAL NEWS

Solutions Dental Newsletter

October Newsletter



It's no wonder autumn is the favorite season of many in our office. The morning air is crisp but not cold, it's getting dark earlier but not before dinner, and comfy sweaters and scarves can come out of the closet but there's no need for winter jackets just yet!



The Solutions Dental Team had a fantastic day bowling! Great fun, awesome time, lots of laughs, awesome company and not the best bowlers!

Dr. Gilge and the entire staff was amazing. I hadn't been to Dentist in forever, and they were gracious, caring, thorough and gentle. Now my son will go and eventually, my grandson too. Thank you Solutions Dental for being so professional and accommodating. - *Linda W.*

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### .What's Your Plan?

Is your dental insurance plan based on the calendar year? Call us and we can assist you with utilizing your remaining benefits.

If we haven't seen your smile in a while, be sure to call us at (253) 761-3000.

What ever you  
don't use you  
lose.

**Solutions Dental**

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## Baked Cinnamon Apples

### Ingredients:

- 6 - 8 apples (braeburn, fuji, honey crisp, royal gala)
- 1/4 cup chopped raisins
- 1 cup almonds or walnuts, chopped or ground
- 1 tbsp maple syrup
- 1/2 cup apple juice
- 1 tbsp cinnamon
- Fresh ginger (optional extras: clove powder, cardamom pods, allspice)
- 1 tbsp coconut oil

### Directions:

- Core apples, leaving the bottom intact to prevent leakage
- Finely grind or chop nuts by hand or in a food processor. In a medium bowl, combine ground nuts, cinnamon, raisins and syrups and mix well.
- Stuff the mixture into each of the apples and place them into a small glass baking dish.
- Pour the apple juice on top of the apples and into the baking dish.
- Preheat oven to 375F
- Bake in flat corning ware greased with coconut oil, uncovered for 20 minutes and baste apples with juice at bottom and continue to bake for another 20-30 minutes or until tender.

**Enjoy!**

