

Did you know?

Dry Mouth may be effects of prescription medicines.

This condition may result in bad breath and even subsequent cavities.

Keep Hydrated.



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Our page is updated almost every day. We have dental tips, information from

our website, news about our team, and Dr. Bob's ever popular "Witty Puns". Sometimes they are funny, but other times they are just plain "groan worthy".

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<https://www.facebook.com/Dr-Robert-Foster-Jr-DMD>

Chewing Sugarless gum with Xylitol (Trident, Orbit, or

Carefree) 4 times a day lowers oral bacteria levels...



And, this may reduce cavities.



Watermelon Margaritas

1/2 cup white sugar
1/2 cup water
3 strips orange zest
2 cups cubed seeded watermelon
3/4 cup white tequila

1/4 cup lime juice
1 pinch salt or sugar for rimming glasses
1 lime, cut into wedges
2 cups crushed ice, or as needed

Bring 1/2 cup sugar, water, and orange zest in a small saucepan to boil, stirring constantly. Simmer until sugar is dissolved, about 3 minutes. Remove simple syrup from heat and allow to cool completely.

Place watermelon in a blender or food processor. Pulse until pureed.

Stir watermelon puree into a large pitcher with simple syrup, tequila, and lime juice.

Place a small amount of salt or sugar into a saucer. Rub edge of margarita glasses with a lime wedge to moisten. Lightly dip the rim of the glass into the saucer to rim the glass; tap off excess salt or sugar.

Fill rimmed glasses with crushed ice; pour margarita mixture into glasses and garnish with lime wedges to serve.

Cook's Notes:

Fill sugar or salt rimmed glasses with crushed ice, then pour margarita mixture over top. Garnish with a lime wedge.

To make a frozen version, crush 1.5 cups of ice in a high-quality blender. Add watermelon, tequila, lime juice, and simple syrup and blend until smooth.

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Printed from <https://www.allrecipes.com> 05/16/2022