

# November Competition Winner

Last month we asked our patients to write their favourite braces or plate recipes on the back of their appointment slip.

Our lucky winner is William G.

William has won himself 15 barber bucks. Congratulations!

William's favourite recipe is a banana, honey and ice cream smoothie. Yum!

Be sure to make William's smoothie over the holidays ... What a perfect treat!!!

This month we also have a runner up, Kosta's creamy pumpkin and bacon penne.  
We will print Kosta's recipe in our winter edition newsletter!

Guaranteed to be a crowd pleaser!!!

## William's Banana, Honey and Ice Cream Smoothie

- 2 Bananas
  - 2 scoops of vanilla ice cream
  - 1 cup of milk
  - Honey
1. Chop the bananas
  2. Put all ingredients together in a blender and blend until smooth
  3. Pour into a tall glass and serve with a straw

ENJOY

