

JULY

REAL Newsletter

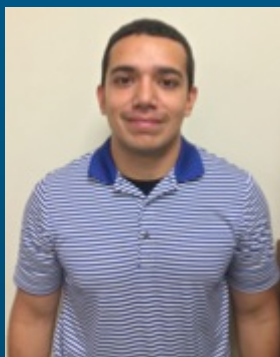
Issue #8, June 2014

NEWS:

Delightful Treat for 4th of July Weekend



REAL Physical Therapy welcomes our newest Physical Therapist



During this month we celebrate our Nation’s Independence with BBQs and time with our families, but we must never forget those who fight to protect the freedoms that we so often take for granted. Here at REAL Physical Therapy we want to thank all of our patients who are/were in the armed forces for their service to our country. We also want to welcome the NEWEST member of the REAL family. Dr. Tony Flores is the newest Physical Therapist to join our team.

*“The true soldier fights not because he hates what is in front of him, but because he loves what is behind him.”
~ G.K. Chesterton*

American Peach Cobbler

Directions

Preheat the oven to 350 degrees F.

Drain 1 can of peaches; reserve the syrup from the other. Place the butter in a 9- by 12-inch ovenproof **baking dish**. Heat the butter on the stove or in the oven until it's melted. In a medium bowl, mix the flour and sugar. Stir in the milk and the reserved syrup. Pour the batter over the melted **butter** in the baking dish. Arrange the peaches over the batter. Bake for 1 hour. The **cobbler** is done when the **batter** rises around the peaches and the crust is thick and golden brown. Serve warm with fresh whipped cream

Homemade Whipped Cream:

Chill a large metal mixing bowl and the wire beater attachment in the freezer for about 20 minutes. Pour the chilled cream and sugar into the cold mixing bowl and beat until it forms soft peaks, about 5 minutes. The mixture should hold its shape when dropped from a spoon. Don't overbeat or you'll have sweetened butter! Yield: 4 cups.



Courtesy of Trisha Yearwood

Ingredients

Two 15-ounce cans sliced **peaches** in syrup

1/2 cup (1 stick) butter

1 cup self-rising flour

1 cup sugar

1 cup milk

Homemade Whipped Cream, recipe follows

Cook's Note: If you don't have **self-rising flour**, substitute 1 cup **all-purpose flour** mixed with 1 1/2 teaspoons baking powder and 1/8 teaspoon salt

Homemade Whipped Cream:

2 cups **whipping cream**, chilled in the fridge

4 tablespoons sugar



Dr. Tony Flores

Physical Therapist / DPT

Tony is a recent graduate of the University of Texas Health Science Center at San Antonio where he earned his Doctorate of Physical Therapy. Prior to his Doctorate, he received his B.A in Kinesiology from UTSA. Tony enjoys going to the gym, playing basketball, watching ESPN, and spending time with his lovely wife, Analy Flores. Welcome to the REAL Family Tony!!

Favorite Quote:

"I Can Do All This Through Him Who Gives Me Strength"
~Philippians 4:13

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