

August 2019



August is National Peach Month!

Grab some Georgia Peaches and Try out this delicious Recipe!

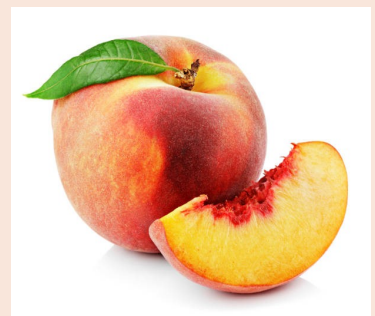
Peach and Feta Salad Recipe

Ingredients:

- 2 ripe peaches quartered
- 10 ounces of arugula
- 1 cup feta cheese
- 10 sprigs of mint, torn
- 3/4 cup toasted walnuts
- 1/3 cup olive oil
- 4 tbsp white wine vinegar
- 1 tbsp Dijon mustard
- 1tbsp honey
- 1tsp salt 1 tsp pepper

Instructions:

Preheat grill to 450. Place peaches, cut side down onto oiled grill grates. Leave them on for 5-8 minutes while turning to grill all sides. Toss together arugula, mint, walnuts and feta. In a separate bowl, whisk together all wet ingredients plus salt and pepper. Drizzle vinaigrette over salad mix. Top with grilled peaches. ENJOY!!



NEW PRODUCT ALERT!!



PROTEIN BARS:

- ◇ Nutty Camel Crunch
- ◇ Cocoa Mint

We hope to see you soon at the 2019 Northside Bariatric Patient and Physician Reunion!



Atlanta Bariatrics Staff at the 2018 Bariatric Patient and Physician Reunion