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Back to School, Eco-Friendly
Reflect on environmental awareness in schools and colleges across the country

Rise of Well-Being Beverages
Discover the trend of going sober with fermented, non-alcoholic beverages

Loud Budgeting 101
Learn why some people are being extra vocal about their finances

Plant-Based Foods
Dr. Sadiq discusses the benefits of plant-based lifestyle choices



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Our Mission

Your Bliss Magazine explores the power of overall wellness. We look to push past the boundaries of physical health and explore aspects of mental, financial and spiritual health. Our goal is to bring you information that you can use to live a happy, healthy and spirited life. We find tips for the short term as well as more expansive information for the long term.

With the ever-expanding nature of technology, knowledge and evolution of the healthcare field, there is a growing supply of data to take from. With Your Bliss, we find the information for you and put it all in one place. Every month we bring you new articles on a wide range of topics so you can live a more fulfilled and whole life.

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Clearing the Clutter

By: Victoria H

As summer winds down and cooler weather approaches, routines begin to shift. There will be new mental and physical hurdles with the transition of summer leisure to the hustle and bustle of back to school. With Fall approaching, now is a perfect opportunity to organize and hit the reset button.

So many clothes can add up quickly. It might be easier to do one child at a time by gathering current clothes in a pile on the bed, and sorting each item by season. Once you have distinct piles, you can sort by size. Separate clothes from what can be grown into, what fits and can be worn now, and what can be passed on or packed away.

It is no secret that babies grow faster than the weather can change. Make sure to rotate essentials and keep the next size up bin nearby when reorganizing. You shouldn't have to rifle through swimsuits to find fleece pajamas. You can cruise through your routines more easily by keeping current clothes sorted and within reach. We often get overwhelmed when we have too many options so keep daily essentials visible and tuck the rest away.

Organizing your overflow doesn't have to be hard. Using labeled stackable containers like tubs, baskets, spare drawers can visually help stay organized. Vacuum sealed storage bags



can help compress blankets and clothes if you would like to conserve space. Spare ribbon or shoelaces are great for tying bundles or sizes together to help stay sorted while storing or donating. As long as it makes sense to you, there is no wrong way to do it!

Remember to not overthink it. Keep it simple and take advantage of resources in your area. Use social media platforms to exchange hand me downs or donate to local drives. You can even take your clothes to secondhand clothing stores like Once Upon a Child that will purchase your baby gear, toys, clothes and books. The Baby & Children's Ministry is always accepting donations! You can check out what they need the most and where to donate on their website, harvesthousebuffalo.org.

It can be so hard to let go of their precious little clothes. So many emotions may bubble up while sorting through baby gear. Just embrace them and celebrate the fact that your baby is growing. Each new size and new outfit are a chance for new memories. Find joy in the fact that your family is growing and evolving with each new season. It's worth the effort to make space for you to breathe easier in the future and create more space to grow. You've come so far as a mom so give yourself some grace as you prepare to go even farther!



Loud Budgeting 101

By: Tayyab Shah

You don't notice the \$14 takeout until it becomes \$400 a month of regret. 73% of Americans are saving less than they did last year, according to a Bankrate survey, not because they can't, but because they don't track the so-called "harmless" spends. In a world that praises mindful breathing and mindful eating, mindful spending is still overlooked.

"It's not 'I don't have enough,' it's 'I don't want to spend.'"

Imagine meeting Lukas Battle, not as an accountant in a suit, but as a comedian who declared war on "quiet luxury" with nothing but straight talk and humor. He surged onto TikTok with 600K+ followers, dropped his "ins and outs" list at the end of 2023, and coined "loud budgeting", not a budget formula, but a manifesto. That single line went viral, picked up by CNN, praised by financial experts, and became a rallying cry for Gen Z and Millennials alike.

What makes Battle unique isn't spreadsheets; it's bold truth-telling. He texts friends: "loud budgeting this month," and unapologetically skips brunch or concerts: "I'm saving for something important." That transparency turns financial boundaries into social currency. The result? #LoudBudgeting has soared past 13 million TikTok views, with Gen Z loud budgeters saving an average of \$629/month (Clarify Capital); a major feat, considering 61% of their peers save nothing at all (CNBC).

A man is not always what he says; sometimes, he's what he saves, and what he dares to say no to. If anyone embodies that, it's Lukas Battle. In a culture obsessed with more, he reminds us that self-respect can sound like "no thanks", and that honesty isn't just refreshing, it's revolutionary.

While Lukas Battle's message sparked a movement, the real challenge lies with everyday people, like you, trying to make mindful spending a habit in a world designed for impulse. Even if you understand the importance of

tracking your money, it's hard to say no when brunch invites, rising rent, and endless digital temptations surround you. Loud budgeting sounds simple, but for beginners facing real financial pressure, it takes courage to start. The power comes not from perfection, but from small, honest choices that say: "I'm in control now."

Did you know nearly 90% of consumers admit to impulse buying, with over half spending \$100+ monthly on impulses? It's more than "treating yourself"; it's emotion-driven spending fueled by stress, social comparison, and the dopamine rush of a sale, all in a culture obsessed with now. So, how often have you spent to feel better, or kept up with friends even when you couldn't afford it? What I'm about to share tackles these real, emotional challenges head-on. No theories, no fluff; just 4 real steps you and I can start today to take back control.

1. Name your "no" out loud.

Text your friends, post it, or write it down: "I'm loud budgeting this month." Transparency builds accountability and respect.

2. Track every "harmless" spend for 7 days.

No judgment, just awareness. You'll be shocked how fast \$5 lattes and \$14 takeout stack up. Awareness is the first step to change.

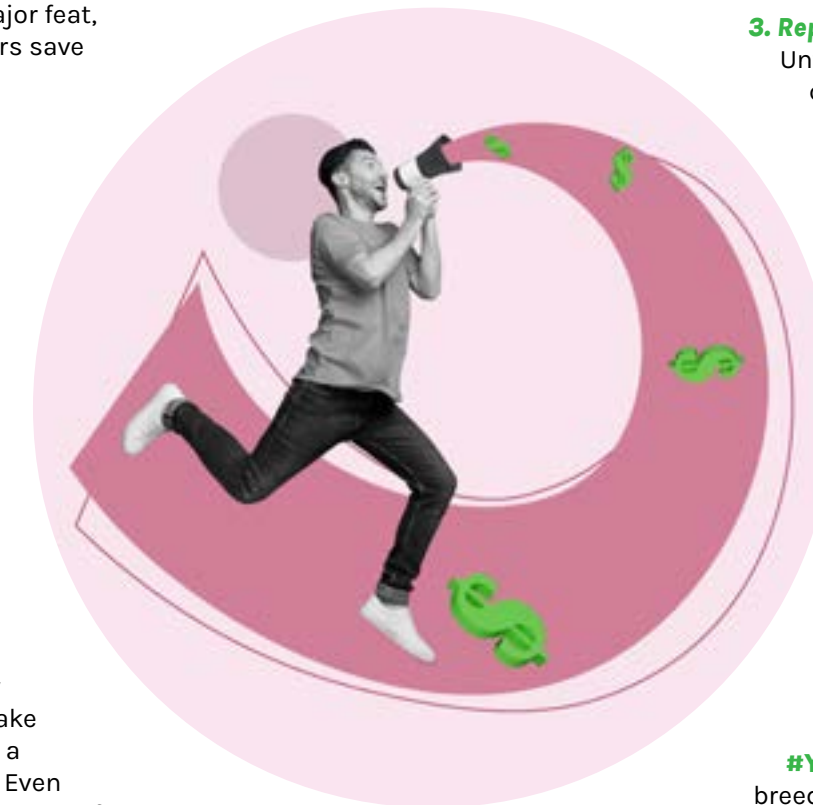
3. Replace the scroll for a goal.

Unfollow accounts that trigger comparison. Instead of 10 minutes of mindless scrolling, check in on your saving goal. Feed your focus, not your FOMO.

4. Create a "Why I'm Saving" list.

Read it each time temptation strikes. It's not restriction; it's a reminder that your future matters more. Start with one reason today.

Here's a power move: pick one step above and commit to it for the next 48 hours. Track the results. Share your win on social; tag it #YourBlissBudget. Tiny actions breed massive confidence.



Micro-Practices for Mental Fitness

By: Amna Sheikh

Hours of meditation or intensive therapy are not always necessary to maintain mental fitness in a world where time is limited and stress levels are high. Rather, the popularity of bite-sized wellness strategies. Small, deliberate routines that blend in with everyday life has increased dramatically.

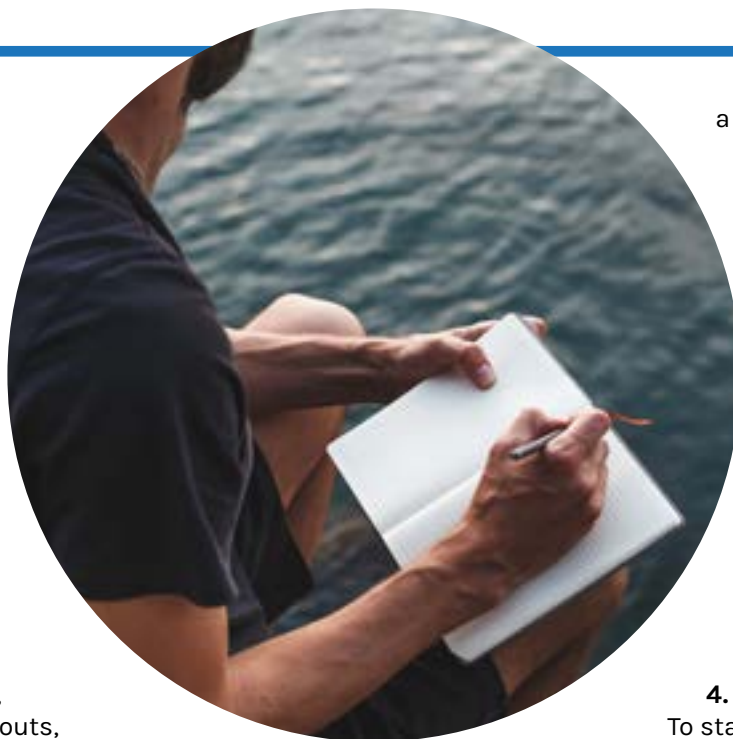
Even the smallest actions can have a big impact on one's mental and emotional well-being, as demonstrated by these micro-practices such as 3-minute breathing exercises, gratitude journaling, micro-workouts, and quick mindfulness techniques.

The Reasons Micro-Practices Are Effective, According to Research

The secret to fostering emotional health and resilience is consistency rather than duration. According to a 2024 study published in the Journal of Positive Psychology, participants who practiced mindfulness for two to three minutes every day reported better focus and lower stress levels than those who participated in longer, less frequent sessions. Micro-practices are an effective method of rewiring thought patterns and lowering anxiety because the brain reacts favorably to short bursts of repeated stimulation.

Simple Micro-Practices to Try

1. 3-Minute Breathing Reset:
To relax your nervous system, take



a 4-second breath, hold it for 4-seconds, and then release it for 6-seconds.

2. The Quick Gratitude

Note:
Rewires your brain for positivity by having you write down one thing for which you are thankful every morning.

3. Micro-Movement Breaks:

To revitalize your body and mind, stretch, take a walk, or perform a few squats.

4. Mindfulness Anchors:

To stay in the moment, pause and name three sounds, two sensations, and one scent.

The Science Behind It

Brief, consistent exercises improve focus and emotional regulation by strengthening neural pathways. Just 60 seconds of mindfulness daily can improve decision-making in just a few weeks, according to a Stanford study.

How to Make It Easy

1. Attach micro-practices to existing habits (e.g., breathing after brushing your teeth).
2. Use phone reminders for consistency.

Mental fitness isn't about perfection. It's about small steps that add up and makes you feel a better version of yourself. Try one micro-practice today and notice the shift!



Sober Curiosity: Well-being Beverage Substitutes

By: Muqadas Jabeen

In today's wellness-focused world, people are becoming increasingly conscious of what they eat and drink. This trend can be seen in Gen Z. They are well aware of the hazardous impacts, alcohol can have on them. People are diverting towards being semi-sober or sober. It is now becoming a new catchword in town. People celebrate "Dry January" and "Sober October," in which they abstain from alcohol and experience an alcohol-free life. Everyone from celebrities and influencers to everyday people is talking about the sober curious movement.

What is Sober Curiosity?

This term was first coined by Ruby Warrington in her book *Sober Curious*, which means getting curious about your alcohol intake and drawing a shift from it. This movement makes you think about the reasons for your drinking. Is it just for fun? Is it a norm? Why am I mindlessly sipping a beverage that costs me my health? Now is the time to stop drinking. The National Cancer Institute states that frequent alcohol consumption raises the chance of developing a number of cancers. This trend is gaining popularity in Australia, as according to the recent survey 44% of Australians who were heavy drinkers now want to completely cut off alcohol from their lives. 75% of them are due to improving their physical health, 50% of them are doing so because they want to have better mental health, and the rest of 22% don't want to feel what it makes them feel.

In recent years, people have explored different non-alcoholic, fizzy drinks that give a boost to their mood and calm their minds. People are moving towards different refreshing and relaxing drinks that may



feel indulgent but are completely alcohol free.

Functional Waters:

Functional waters are not like the regular water that we drink. It has some additives that not just hydrate us but also give us additional nutrients, electrolytes, minerals, antioxidants, and other bioactive compounds with a lot of health benefits. They boost your immunity and energy level.

Rebel Floats:

Gone are the days when non-alcoholic drinks meant boring sodas and plain juices. Now the trend has shifted in a completely new direction. Rebel Floats are the herbal-based creative mocktails that offer you a fun experience. They include different fruit purees along with plant-based cream or coconut foam. They are perfect for your social occasions.

Gut-friendly Fermented Drinks:

Gut health is the main topic to discuss in health-related discussions as it can affect your immune system, mood, and even mental health. If your gut health is in good condition, you are safe from 90% of the diseases. Health-conscious people usually opt for such drinks. Kombucha, which is one of the most common drinks, is made from either black tea or green tea. Numerous vital vitamins, minerals, and antioxidants are present in this fermented beverage. The days of drinking just for the buzz are fading. Non-alcoholic drinks are no longer an afterthought. Trendy cafes, bars, and restaurants are now spotlighting beverages that support feeling good and living well without the hangover.





Back to School: Eco-Friendly Tools and Style

By: *Ralph Hernandez*

As summer winds down and a new school year begins, families are eagerly preparing for back-to-school shopping. This year has seen a positive shift toward eco-friendly choices, including reusable water bottles, lunch bags, recycled notebooks, and digital learning tools. It's encouraging to see more people recognizing the importance of sustainability and actively caring for our planet.

Reusable Water Bottles

Reusable water bottles help reduce plastic waste caused by single-use plastics. Many students prefer these eco-friendly options over disposable bottles. Today, stylish, durable, and eco-friendly choices like stainless steel and glass make it easy to stay hydrated while also protecting the environment.

An Eco-Friendly Lunch Bag

Lunch bags now often include reusable containers made from recycled materials, offering an alternative to traditional paper bags. These practical and stylish options come in various sizes and designs, making them popular among parents who choose stainless steel or silicone over disposable plastics. It's a great way to cut waste and support a zero-waste lifestyle.

Recycled Notebooks and Stationery

Using recycled paper products is a great way to help our planet! You'll find recycled notebooks, binders, and pencils easily, and they make a real difference

by conserving resources and encouraging recycling – a positive cycle. When students and parents opt for recycled stationery, they're helping to reduce deforestation and cut down on carbon emissions, which really supports the well-being of our Earth.

Digital-First Education

A sustainable approach: Integrating technology in education opens exciting new opportunities for sustainable learning. Digital-first education, which emphasizes digital resources over traditional paper-based materials, is gaining popularity as an eco-friendly alternative. This change helps reduce the need for physical textbooks and printed materials, significantly decreasing paper usage.

E-Books and Online Resources

Using e-books and online learning tools provides students with instant access to a wide range of information, thereby eliminating the need for printed textbooks. This approach saves paper and reduces the energy and resources involved in printing and distribution. Additionally, digital materials can be easily updated, providing students with access to the most current information without requiring new editions.

Online Homework and Assignments

Many schools are now using online platforms for homework and assignments, which helps reduce paper waste and supports their efforts to be more

sustainable. These digital tools also facilitate collaboration among students and provide them with feedback, thereby enhancing the overall learning experience and making it more engaging and enjoyable.

The Role of Schools and Educators

While families play a vital role in adopting eco-friendly practices, schools and teachers also have an essential part in promoting sustainability. Including environmental education in the curriculum equips students with the knowledge to make informed decisions about their impact on the planet.

Environmental Education

Teaching lessons on sustainability and environmental care helps students understand the importance of their choices and the effects of their actions. Participating in activities like school gardening or recycling programs offers fun, practical experiences that inspire them to develop eco-friendly habits that last a lifetime.

Green School Initiatives

Many schools are actively working to reduce their environmental impact. From installing solar panels to running comprehensive recycling programs, these efforts set a good example for students and the community. Schools that focus on sustainability not only lower their carbon emissions but also motivate students to adopt similar habits in their own lives.



The Benefits of Going Green

Switching to eco-friendly school supplies and practices offers many benefits beyond helping the environment. It promotes responsibility and awareness among students, encouraging them to become caring global citizens. Additionally, sustainable products tend to be higher quality and more durable, offering long-term savings for families.

Supporting eco-friendly businesses boosts demand for sustainable products, encouraging more companies to adopt green practices. This promotes innovation and creates solutions that benefit both people and the planet.

Conclusion

As the new school year approaches, making eco-friendly choices becomes easier and more rewarding. Families can enjoy using sustainable supplies and digital learning tools, reducing their environmental impact and inspiring others. Embracing an eco-friendly lifestyle is a collective effort crucial to protecting our planet's future.

In a time when environmental issues are more pressing than ever, choosing to go green demonstrates a genuine commitment to caring for our planet. As students return to school with reusable water bottles, recycled notebooks, and digital tools, they symbolize the positive shift toward a greener future. This inspiring movement encourages us all to adopt eco-friendly changes in education and beyond.



Importance of Values in Business

By: Faizan Haq, Editor-in-Chief and Publisher, Your Bliss Magazine
President & CEO, Manage Your Business LLC



Every good business has great policies and procedures, but an excellent business has even better values. Having a solid company culture with established core values and principles will help morph any business and its staff to reach its fullest potential.

A business needs policies to tell employees what to do and how to perform properly, but values will tell them why. Prioritizing values over rigid policies and procedures creates an environment where people are inspired to think critically, behave ethically, and have more meaningful contributions. Values empower employees to make the right decisions even when no one is watching, while policies alone provide a checklist to follow.

When training your team, the focus should be less on memorizing company rules and more on instilling company values. Once you establish what your values are, they should become a part of everyday conversations and actions. Remember that when onboarding new team members or coaching leaders, the emphasis should be on internalizing and representing these values. This will ultimately drive your organization forward. Whether it's integrity, innovation, accountability, or compassion, they should be more than just words.

It's easy to preach to others how to behave and perform their duties around the company, but values only hold meaning when the leaders consistently uphold them. This consistency protects the trust and integrity of the company. If leaders do not model the values of the business, the rest of the team may abandon them as well. This may lead to a default to simply follow the procedures without any originality, passion, or purpose.

Without value-driven leadership, the team will fall back on policies and procedures set in place. While that may keep the company running, it will function without commitment. Employees who go through the motions do not carry a sense of ownership or emotional investment in the company's mission. Engaged stakeholders will help a business reach its full potential, more than a mindless workforce.

Ultimately, running a business on values creates a culture of purpose and belonging. While protocols and policies are essential tools for consistency and compliance, they should never replace the core principles of business. Unless those values are lived out every day by leaders and team members alike, they'll just be meaningless words. When values are honored and upheld, they can transform not only how a business operates, but how it inspires everyone it connects.



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Benefits of Plant-Based Foods

By: Dr. Riffat Sadiq, CEO of WNY Medical PC, Channel Creator



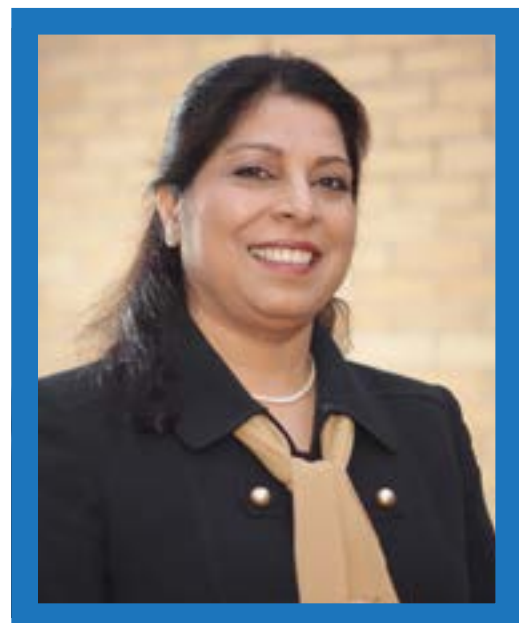
Developing a plant-based food lifestyle is not a new trend, but it is gaining popularity due to its numerous health benefits. Consuming plants and plant-based foods dates back thousands of years to the Indus Valley civilization, where evidence suggests that vegetarianism was practiced in the BC era. There is no right or wrong way to enjoy a plant-based diet; it all varies from person to person. Whether choosing vegetarianism, veganism, or simply enjoying more fiber in your diet, there are so many options out there.

When adjusting your diet, it is important to read nutrition labels and know what you are looking for. As always, be cautious of processed plant-based products. These can be higher in sodium and saturated

fats. It is best to keep these numbers to a minimum, approximately less than 400 mg of sodium and less than 5 grams of saturated fat per serving. Despite what you may hear, it is very possible to consume enough protein on a plant-based diet. According to the National Academy of Medicine, adults should have about 7 grams of protein a day for every 20 pounds they weigh. These numbers can add up quickly!

Benefits of a plant-based lifestyle go far beyond what you may know. Plants are high in fiber, which is beneficial for reducing your risk of cancer. Consuming plant-based products improve your overall gut health, too. A healthy gut means your body more easily absorbs the nutrients from food, better supporting your immune system and inflammation reduction.

Overall, it is glorious to be open and willing to a plant-based lifestyle. The key word here is lifestyle, not diet. These foods should be incorporated into your everyday life to truly experience their benefits. Picking plants over processed foods will help your body boost its inner systems to their best abilities.



Dr. Riffat Sadiq: Restoring Self

Want more tips on improving your wellness and restoring yourself? Watch videos on YouTube, DrRSMD.



Media Corner: Review of *The Last Showgirl*

By: Alex Tilton

Spoilers ahead.

There are a lot of movies about the death of a dream. A grand plan that never comes to fruition, a turn on the trail that destroys a carefully crafted future etc. It's all familiar stuff. But I haven't seen many stories about when a dream simply runs its course and...ends.

The Last Showgirl tells the tale of the end of a career long since in decline. Our main character, Shelly Gardner (Pamela Anderson), finds out that (at the age of 57) she's out of a job. She's been a dancer in an old-fashioned revue show at a Las Vegas casino for thirty years, and declining ticket sales have motivated the casino owners to replace the revue with a newer style show more popular with modern audiences.

Shelly hasn't had an easy life by any stretch. She's got an estranged daughter that was fathered by her producer Eddie (Dave Bautista), and raised mostly by friends in Arizona because she was too busy with her career to care for a child. She's not wealthy, she's not famous, and she knows she'll never get another job as a performer because of her age. This is all made clear within the first act.

The next two acts are a superb character study. Shelly tries to figure out a next chapter that doesn't involve serving cocktails to gamblers, only to eventually admit she doesn't have any other choice. She watches her friend Annette (Jamie Lee Curtis) hit bottom and lose everything to her gambling habit, having lost her place as a dancer in the show with Shelly long ago. Shelly's daughter visits her, visibly disgusted by what her mother chose as a career in lieu of raising her, and forces Shelly to reckon with the reality of having given up her child for a back-row dancing gig that never promised enough material reward to support her when the show inevitably ended.

She goes to an audition that ends predictably given her age and the fact that she hasn't auditioned in three decades. The producer of the show she's trying out for isn't mean to her, but he does lay out the bare bones of her situation in plain English. She got hired for a revue show decades ago because she was young

and pretty, and the industry doesn't have any jobs for a stage dancer pushing sixty. She deals with bitterness toward Eddie stemming from the fact that while the female dancers are all scrambling to find work, he (as a producer) can simply stay where he is and keep doing what he's been doing.

It's one of the most grounded and painfully realistic films I've ever seen. Other reviews have described *TLS* as a tribute to the working class of Las Vegas. And certainly, it is that. But I feel like this story could've been set any number of places. Entertainment isn't the only industry infamous for treating women as interchangeable and disposable. This is a story about waking up from a fantasy to confront reality, and what happens when you ignore the warning signs and wait too long to pivot.



I genuinely can't find anything to complain about here. Dave Bautista's part might've benefitted from a better actor than Dave Bautista, but I have to admit that he was a good choice for the part of a simple guy who wishes he could stop the inevitable, and knows that he can't. He cares about the dancers, he hates what's happening to them, and he has no ability whatsoever to change it. He does a good job of communicating that feeling throughout the film, and if this is a sign of things to come for this actor, then good.

But the big winner is obviously Pamela Anderson. Her IMDB page indicates that she's kept busy over the years but this is, at long last, her breakout role. A serious part that required serious skills and a life experience that matched the character. They couldn't have done better casting this part.

So, this is a strong recommendation from me. It's a very sobering movie, but a very beautiful one also. The kind of thing that makes you think about it for a long while afterwards. Obnoxious CGI (Computer-Generated Imagery) spam may rule the box office, but it's nice to know that they're still making movies about people.

Image Source: [IMDb.com](https://www.imdb.com)

Ham and Cheese Pinwheels

Recipe Source: thepioneerwoman.com

Directions

Step 1:

Preheat the oven to 375°F. Spray a 13-by-9-inch baking pan with cooking spray and line with parchment paper.

Step 2:

In a medium bowl, mix together the cream cheese, ranch dressing, and green onion.

Step 3:

On a very lightly floured cutting board, unroll 1 crescent roll sheet. Keep the other sheet refrigerated until ready to use. Use a rolling pin to roll the sheet into an even rectangle, around 12-by-8 inches, with the long sides parallel to the counter.

Step 4:

Spread half of the cream cheese mixture over the surface of the sheet, leaving a 1-inch border clean on the long side furthest from the edge of the counter. Maintaining the 1-inch border and in individual layers, sprinkle $\frac{1}{2}$ cup of the cheddar cheese and $\frac{1}{2}$ cup of the gruyere cheese over the cream cheese. Lay half of the ham in a single layer on top of the cheese, overlapping if necessary. Brush the clean border with the egg wash.

Step 5:

Starting with the long edge closest to the counter, roll the crescent roll sheet into a log, using the side of the crescent roll sheet that has egg wash to pinch and seal the log closed.

Step 6:

Wrap the log with plastic wrap and chill in the refrigerator for at least 1 hour or up to 12 hours. Repeat with the remaining crescent roll sheet, cream cheese mixture, cheeses, and ham.

Step 7:

Unwrap one chilled log and place it on a cutting board. Using a serrated knife, trim the ends of each log and slice each log into 12 rounds. Place the slices into the prepared baking pan. Brush the pinwheels with egg wash and sprinkle with the poppy seeds.

Step 8:

Bake until the pinwheels are puffy and golden brown, about 30 minutes. Allow to cool for 5 minutes before serving.

Ingredients

Cooking spray

2 oz. cream cheese, softened

2 Tbsp. prepared ranch dressing

2 green onions, finely chopped

2 (8-oz.) packages crescent roll sheets

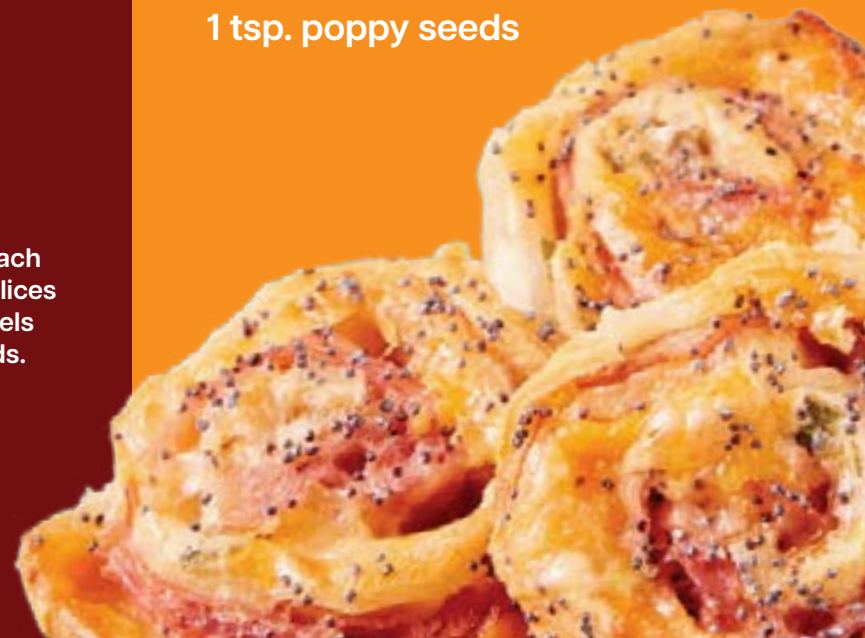
1 cup shredded sharp cheddar cheese, divided

1 cup shredded gruyère cheese, divided

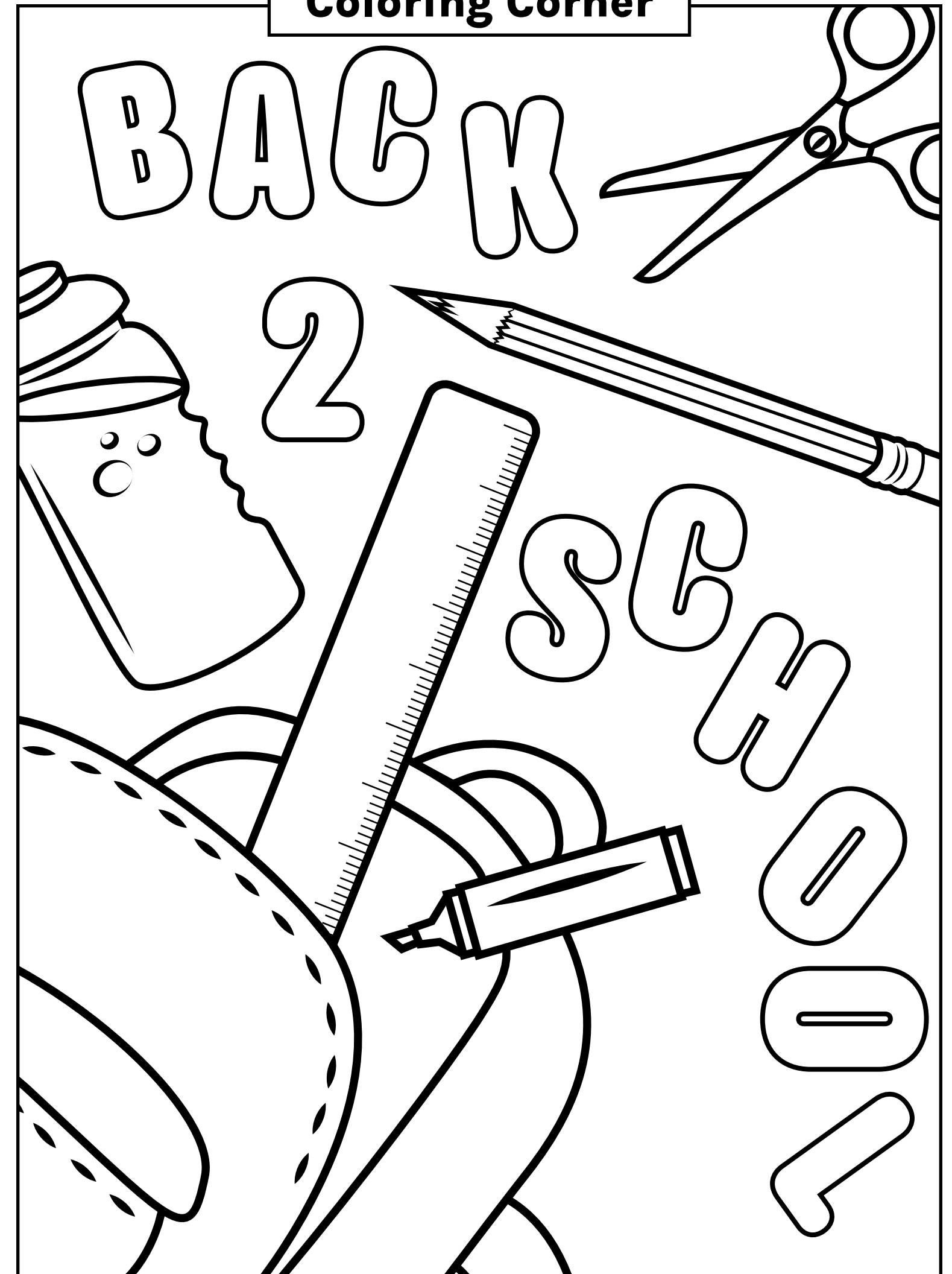
8 ounces thinly sliced deli ham, divided

1 large egg, lightly beaten

1 tsp. poppy seeds



Coloring Corner





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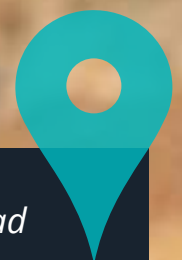
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