

Feet First Foot Care Specialists, LLC

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FEATURED ARTICLES

Tips for Transitioning to Spring Footwear



We're so ready to trade in our boots for lighter, more breathable footwear, but transitioning footwear from season to season requires a bit more thought than it may seem.

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Can Spring Allergies Affect Your Feet

Spring is synonymous with longer days, warmer weather, and...allergies. But did you know that allergies can also affect your feet?

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MEET OUR DOCTOR



ADAM MUCINSKAS DPM, FACFAS

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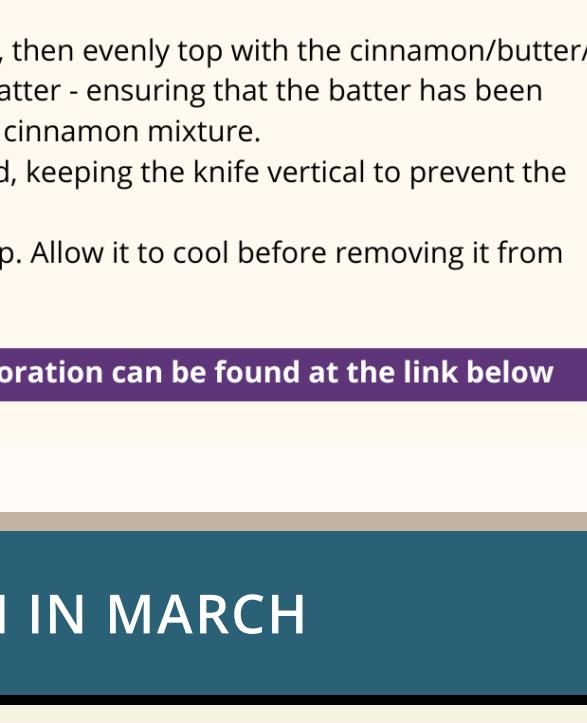
RECIPE OF THE MONTH

Mardi Gras King Cake

Traditional king cake can be pretty tricky. Thankfully, this recipe is SO easy, Keto friendly, gluten free and totally delicious!

Ingredients:

- 5 large eggs separated
- 1/4 teaspoon cream of tartar
- 6 tablespoons of melted butter divided
- 1 teaspoon vanilla
- 4 oz cream cheese softened
- 1/4 cup +2 tbsp erythritol divided
- 2 teaspoon Baking Powder
- 1 cup almond flour
- 2 teaspoons of cinnamon divided



Directions:

1. Start by preheating your oven to 350 degrees F and thoroughly greasing a bundt pan.

2. Separate the eggs into 2 large bowls. Add the cream of tartar to the egg whites and beat with an electric mixer until soft peaks form, then set them aside.

3. Add 3 tablespoons of melted butter, vanilla, cream cheese, and 2 tablespoons of erythritol to the egg yolks. Mix until well combined, then add 1 teaspoon of cinnamon, baking powder, and almond flour, stirring until everything is mixed well.

4. Fold the egg whites into the almond flour mixture and gently mix until you have a uniform batter.

5. In a small bowl, combine the remaining 3 tablespoons of melted butter, 1 teaspoon of cinnamon, and 1/4 cup of erythritol.

6. Pour 1/2 of the batter into the prepared pan, then evenly top with the cinnamon/butter/erythritol mixture, and then the remaining batter - ensuring that the batter has been spread to the edges of the pan, covering the cinnamon mixture.

7. Using a butter knife, make swirls in the bread, keeping the knife vertical to prevent the layers from mixing too much.

8. Bake for 30-40 minutes or until golden on top. Allow it to cool before removing it from the pan.

[Additional instructions for frosting & decoration can be found at the link below](#)

Recipe Courtesy of [thismomsmenu.com](#)

THIS MONTH IN MARCH

CALENDAR INTERESTING DATES

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

4 Mardi Gras

9 Daylight Savings Time

17 St. Patrick's Day

20 First Day of Spring

30 National Doctor's Day

CALENDAR HISTORICAL FACTS



March 1, 1872: Yellowstone National Park was established as the first national park in the world, protecting its natural beauty for future generations.



March 3, 1931: The "Star-Spangled Banner" was officially adopted as the U.S. national anthem.



March 9, 1959: The Barbie doll was introduced at the American Toy Fair, becoming one of the most beloved toys worldwide.



March 12, 1912: The Girl Scouts of the USA was founded, empowering young girls with leadership and community service skills.



March 15, 1985: The first-ever .com domain was registered, marking the beginning of the Internet era.

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Feet First Foot Care Specialists, LLC
Cromwell, CT 06416
Phone: 860-632-5499
www.feetfirst-footcare.com

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