

March 2025

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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hello Spring

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

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

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.

Book Your Appointment Today!

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MARKETING

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