

THE TRILLIUM THREAD

The Monthly Newsletter of Trillium Chiropractic

December Updates

- Donation drive for Ruff Start Rescue
- BOM: Nautical Bowls
- Brie en Croûte Recipe



Donate Animal Supplies



Tis the season for giving! This year we are thrilled to team up with **Ruff Start Rescue**. Ruff Start Rescue is a foster-based nonprofit companion animal rescue that primarily serves communities throughout the state of Minnesota. They rescue stray, neglected, abandoned, and surrendered dogs and cats as well as ferrets, guinea pigs, rabbits, and other critters. Most of the work is accomplished by a complex network of volunteers, fosters, and supporters, all of whom come together to save thousands of animals each year.

For the month of December, we are doing a donation drive for animals in need at Ruff Start. Our tree in the office will have pictures of cats and dogs on ornaments. Each ornament will have an animal that is up for adoption and supplies needed. We are asking for your help! Please join us in getting supplies for these wonderful animals.

If you would rather ship items directly to the shelter, Ruff Start Rescue also has an Amazon Wishlist for pet supplies on their website. Follow the link below to gift with just a few clicks.



Scan the QR code to purchase a gift



BOM: Nautical Bowls

Superfood Health Bowls



Have you ever tried Nautical Bowls?! Now is your chance! We would like to introduce them as our new wellness partner! Nautical bowls just opened in Maple Grove! They specialize in acai superfood bowls free from refined sugars. Their quality ingredients are organic, gluten free, dairy free, plant-based, and packed with essential vitamins & nutrients to fuel your life! Swing by the office and get your hands on a coupon redeemable for a free dinghy bowl at the Maple Grove location.



Baked Brie en Croûte Recipe

Holiday Party Appetizer



Are you looking for a quick and delicious holiday recipe for a big group? This molten cheese lava pastry treat will hit all the high marks and keep guests talking and enjoying all throughout the party. This recipe is one of Dr. Katelyn's favorites and quite the crowd pleaser!

Ingredients

- 1 (6- to 8-ounce; 170 to 225g) round Brie or Camembert cheese, slightly chilled (see note)
- 10-inch square chilled puff pastry dough
- All-purpose flour, for dusting
- Fig jam, for topping
- 1/2 teaspoon picked fresh thyme leaves (from 2 medium stems)
- 1 large egg beaten with 1 tablespoon (15ml) water

Directions

1. Preheat oven to 350°F (177°C). Using a sharp knife, score top rind of cheese in a crisscross pattern, spacing cuts about 1 inch apart.
2. Place puff pastry on a lightly floured work surface and roll to an even 1/4-inch thickness. Set cheese in center of square, top with a few tablespoons of fig jam, and sprinkle thyme leaves on top. Fold dough up and over sides of cheese, pleating it neatly on top to enclose cheese. Gently pinch dough together in center to seal gathered pleats. You can tie a bit of kitchen twine on top to hold pleats together if you like, but this is not essential.
3. If dough is no longer cold, chill wrapped cheese for at least 20 minutes. (Prepared cheese wheel can be wrapped tightly with plastic wrap and refrigerated until ready to bake.)
4. Line a baking sheet with parchment paper. Place wrapped cheese wheel on prepared baking sheet and brush evenly with egg wash. Bake until pastry is crisp and golden brown all over, 25 to 35 minutes. Let rest 5 minutes, then serve.