

# THE TRILLIUM THREAD

The Monthly Newsletter of Trillium Chiropractic



## May Updates

- Mother's Day Cards
- MG Wrestling Beanbag Turney
- BOM- Amber Harvey:  
Excelsior Realty
- Strawberry Pretzel Tart Recipe



## Mother's Day Cards

It is that time again where we have the opportunity to honor our Mothers and shower them with all the love. Mother's Day is on Sunday, May 8th. Still haven't picked up a card for your mama? Stop by our office for a special card and treat. We will have a card station set up from: **Wednesday, May 4th- Friday, May 6th.**



# Join Us For A Beanbag Tournament!

As a proud sponsor of the Maple Grove Boys Wrestling Club, we would like to invite you to grab a partner and join us for the Inaugural Bags Fundraising Tournament! Registration closes Saturday, May 7th!

The Tournament will be held on **May 21st at Malone's Bar & Grill**

2 person teams



**Check In:** 10:30am

**Tournament Start:** 11:00am

**Cost:** \$50 per team

Lunch will be provided

**QR Code to Register**



Questions?

Contact: Lynsey Seubert

[mgwrestlingclub@gmail.com](mailto:mgwrestlingclub@gmail.com)



## Business Of The Month:



 **Excelsior**  
Realty

This month we are proud to feature an experienced, local realtor. If you need help selling or finding your dream home, Amber Harvey will go above and beyond to meet your every need.

"When you choose me as your realtor, I will bring kindness, care, and expertise to each transaction, exceeding your expectations in communication, negotiation, and making the home buying and selling process fun! I have successfully helped people achieve their goal of buying or selling a home all throughout the Twin Cities. My business is based on relationships, communication, and happy clients. Email, call, or reach out on social media!"

**Amber Harvey**

[Amber@ExcelsiorRealty.com](mailto:Amber@ExcelsiorRealty.com)

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# Strawberry & Cream Rye Pretzel Tart



Still looking for a dessert to bring to Mother's Day with the family? Try this delicious sweet and salty pretzel tart!

*Yum!*

## Ingredients

- 1 1/2 sticks (12 tablespoons) salted butter
- 2 cups salted pretzels
- 1/2 cup rye flour
- 1/2 cup brown sugar
- 1 teaspoon vanilla extract
- 8 ounces whole milk ricotta cheese
- 2-3 tablespoons confectioner's sugar
- 1/4 cup jam
- 3 cups thinly sliced strawberries
- 1/2 cup fresh raspberries
- 1 tablespoon granulated sugar
- 1 teaspoon dried lavender ((optional))



## Instructions

- 1. Preheat the oven to 350° F. Line a 9x13 inch baking dish with parchment paper.
- 2. Add the butter to a skillet set over medium heat. Allow the butter to brown, until it smells toasted, about 2-3 minutes. Remove from the heat.
- 3. In a food processor, pulse together the pretzels and brown sugar until the pretzels are mostly ground with a few chunks left. Add the rye flour, vanilla, and browned butter. Pulse to combine. Press the dough into the prepared pan. Bake 12 minutes, until golden. Let cool.
- 4. To make the cream. Whip the ricotta in a food processor until smooth and creamy. Add the powdered sugar and pulse to combine. The cream can be kept in the fridge for up to 3 days.
- 5. To assemble, spread the cream over the crust and dollop the jam over the cream, gently swirling it into the cream. Arrange the strawberries on top. In a small bowl, combine the sugar and lavender (if using) and sprinkle over the berries. Slice and serve immediately. If making ahead, add the berries just before serving. The tart keeps in the fridge for 1-2 days.