

JUNE 2023

PREMIER HEALTH

Of Coon Rapids



COMMUNITY SPOTLIGHT

PRODUCT OF THE MONTH:

\$20 off ChiroFlow Pillows



WELLNESS CLASS

Partner Trigger Point

Sign up at the front desk
or by calling/texting.

763-270-5828
3340 Northdale Blvd.,
Ste. 120, Coon Rapids

Rescued Pets Are Wonderful is a non-profit, no-kill, volunteer animal rescue organization that is dedicated to rescuing cats and dogs that are left homeless for whatever reason - focusing on the ones with medical issues or senior age. RPAW feels that these animals are often overlooked and need the most help!

In honor of Dr. Kelsey's birthday this month, we will be having a donation drive in the clinic for RPAW and we're co-hosting a pet adoption event with them at Alloy Brewing on June 24, 2023 from 1:00 p.m. - 5:00 p.m.

Check out the RPAW website for ways to help or to check out their adoptable animals!

<https://rpaw.org/>

If you would like to have your business and/or group be considered for our Community Spotlight, please email us at: coonrapids@premierhealthmn.com for more information or stop by the front desk at your next visit!



This month we wanted to talk about what struggles we each have with our health and fitness and ways that we try to overcome those struggles.

DR. KELSEY: My biggest struggle in regards to health and fitness is getting out of my own way. I tend to convince myself that if I don't "Go Big" then it doesn't count. This mentality will often enable me to completely skip doing a workout if I don't have time or energy to do the entire activity, when in reality doing half or a quarter is still better than none at all... Not to mention, I end up feeling more energized once I get started!

LEXI: Motivation is my issue. I have everything I need to workout at home and I still don't wanna. What helps me the most is having someone to join me and hold me accountable. (Thanks, Mom!)

CORTNEY: My biggest struggle these days has been with the snooze button. I prefer to work out in the morning and have not been motivated to wake up early enough. I have been working on being patient with myself and continuing to take it day by day.

SHANNON: I actually don't like working out or eating healthy but obviously know that it's good for me. So I find things that I like to do for workouts and I never cut anything out of my diet and just focus on moderation.

RECIPE OF THE MONTH

Yellow Cake with Chocolate Buttercream Frosting Recipe (DF/Soy Free Alternatives)

Ingredients:

Yellow Cake

- 3 cups flour spooned & leveled
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup vegan buttermilk room temperature: To Make: Mix 2 tablespoons of lemon juice to plant-based milk (my favorite is Ripple), stir & let stand for 10 minutes until thickened
- ¼ cup vegetable or canola oil
- 1 tablespoon pure vanilla extract

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- 1 cup plant-based unsalted butter (my favorite is Miyokos Creamery Vegan Butter) softened (2 sticks)
- 2 cups granulated sugar
- 6 large egg yolks at room temperature
- 4 large egg whites at room temperature

Chocolate Buttercream Frosting

- 1 ½ cups plant-based unsalted butter softened (my favorite is Miyokos Creamery Vegan Butter (3 sticks)
- 4 ½ cups powdered sugar
- ¾ cup unsweetened cocoa powder sifted
- 6 tablespoons plant-based milk (my favorite is Ripple)
- 1 ½ teaspoons pure vanilla extract
- ¼ teaspoon salt



Directions:

To make the yellow cake

1. Preheat the oven to 350°F. Spray three 8-inch round cake pans with nonstick cooking spray or line the bottom of each pan with parchment paper and set aside.
2. In a large mixing bowl, whisk the flour, baking powder, baking soda, and salt together until well combined. Set aside.
3. In a measuring cup or bowl, mix the vegan buttermilk, whisk in oil and vanilla extract together until well combined. Set aside.
4. In a large mixing bowl using a handheld mixer, beat the butter on low speed until smooth, then slowly mix in the granulated sugar. After all the sugar is added, increase to medium speed and continue mixing for another 4 to 5 minutes or until the mixture is light and fluffy.
5. Mix in the egg yolks, one at a time.
6. Add the dry ingredients alternating with the vegan buttermilk mixture (begin and end with the dry ingredients) on low speed. Mix in each addition until combined, making sure not to over mix the batter. Set aside.
7. Add the egg whites to a separate large mixing bowl and beat to stiff peaks.
8. Gently fold the egg whites into the cake batter; one half of the egg white mixture at a time. Do not over mix.
9. Evenly divide the cake batter between the three prepared cake pans and spread it around into one even layer. Gently tap the pans on the counter to bring any air bubbles to the top.
10. Bake for 25 to 30 minutes or until a toothpick inserted into the center of the cakes comes out clean. Remove from the oven and cool in the pans for about 20 to 30 minutes. Run a knife around the outside of the cakes, then carefully remove the cakes from the pans, and transfer to a wire rack to cool completely.

To make the chocolate buttercream frosting

11. In a large mixing bowl using a handheld mixer, beat the butter on medium speed for 1 to 2 minutes or until smooth.
12. Add the powdered sugar one cup at a time, making sure to mix well after each addition. Scrape down the sides of the bowl, then add the cocoa powder and mix until fully combined.
13. Add the milk, vanilla extract, and salt and mix on medium speed until fully combined, making sure to stop and scrape down the sides of the bowl as needed.