

Beneficial Bites



Cinnamon



Health Benefits:

- ◆ Anti-clotting and antioxidant benefits
- ◆ Slows the rate of gastric emptying after meals, reducing the rise in blood sugar after eating
- ◆ Scent of cinnamon can boost brain function
- ◆ Helpful with nausea & vomiting

Interesting Facts:

- ◆ Cinnamon is the bark of the cinnamon tree and rolled into quills when dried
- ◆ Over 100 varieties of the cinnamon tree exist
- ◆ Cassia is a member of the same family as true cinnamon, but it has a stronger flavor; most commercial ground cinnamon is cassia
- ◆ One of the oldest spices & once considered more precious than gold
- ◆ One Chinese ancient said that if you took cinnamon with toads' brains for seven years, you'd be able to walk on water, look young forever, and never die.



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Check out the December menu
for these “Cinnamon” foods



Featured Recipes:

- ◆ Baked Peach with Cinnamon
- ◆ Cinnamon Apple
- ◆ Cinnamon Chocolate Pudding
- ◆ Cinnamon Squash Rings
- ◆ Cinnamon Sweet Potato Slices
- ◆ Cinnamon Tortilla Crisps
- ◆ Cinnamon Twisties
- ◆ Oatmeal Cinnamon Drops



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