



AMEN TO
CIN
NA
MON



look for

CEYLON CINNAMON - "TRUE CINNAMON" FROM THE CINNAMON TREE; DELICATE FLAVOR + CITRUS OVERTONES. OTHER TYPES ARE CONSIDERED TO BE FAKE AND POTENTIALLY DETRIMENTAL TO YOUR HEALTH DUE TO HIGH COUMARIN CONTENT.

GRADE A - SWEETER AND MORE MELLOW FLAVOR; SHOULD BE USED WHEN A STRONG CINNAMON FLAVOR IS DESIRED

FRESHLY GROUND CINNAMON - RETAINS ITS NATURAL OILS, NUTRIENTS AND FLAVOR

ORGANIC ENSURE THAT IT HASN'T BEEN IRRADIATED, WHICH DECREASES THE VITAL NUTRIENTS

Ellie kempton : 303.229.9840

for more info visit:
simplynourishednutrition.com/cinnamon

devour

1 TEASPOON=

- 6 CALORIES
- 0.06 G PROTEIN
- 1.84 G CARB
- 0.07 G FAT
- EXCELLENT

SOURCE OF:

- ANTIOXIDANTS
- MAGANESE
- CALCIUM
- FIBER

CINNAMON OVERNIGHT OATS

- ½ cup almond or coconut milk
- ½ cup whole grain oats
- ¼ cup plain Greek yogurt
- ¼ unsweetened applesauce
- ½ tsp cinnamon

Add each of the ingredients to a glass container and cover with lid. Shake until all the ingredients are thoroughly combined and place in fridge overnight. Sprinkle with added cinnamon and enjoy warm or cold.

store

STICKS (QUILLS) - IN A COOL, DARK PLACE IN AN AIRTIGHT CONTAINER
GROUND/POWDER - STORED INSIDE THE REFRIGERATOR IN A SEALED CONTAINER

eat

BLENDED IN DESSERTS, CURRIES, SAUCES AND MARINADES
SPRINKLED FRUIT, OATMEAL, HOT CHOCOLATE, COFFEE, TEA, YOGURT, SMOOTHIES