

Bnourished-Cinnamon

Ancient Ayurvedic practitioners relied on it to treat fevers and diarrhea. Greeks used it to treat bronchitis. And Europeans embraced this ingredient in the kitchen.

One of the oldest spices ever recorded, cinnamon features in a Chinese treaty dating 2700 BC yet traces back even farther to Egypt where it was used to anoint the dead in the mummification ritual.

Cinnamon sticks are the inner bark peeled from the shoots of a cinnamon tree. Cultivated during rainy season, the strips of bark are then sun-dried until they form the tightly curled quills we recognize as cinnamon.

With its antiseptic, anti-bacterial and anti-fungal properties, cinnamon:

- increase the digestive fluids, resulting in decreased intestinal gas
- warm and enliven the digestive tract
- heighten vitality
- reduce stress, relieve mental fatigue, calm nerves
- treat nausea, vomiting, diarrhea
- enhance sexual and gastronomical appetites
- cool fever
- alleviate gum disease (reason behind its presence in many toothpastes and mouthwashes)
- ease aches and chills associated with the onset of colds

Cinnamon's warming qualities make it a seasonal staple and invite us to incorporate this beloved spice into our diets, not just our potpourri bowls and wreaths.

Culinary inspiration beyond the obvious include:

- sprinkling in tea
- dusting a sweet potato
- placing stick in brown rice and soups much as you would a bay leaf to add scent and nutrition
- flavoring any warm cereals such as millet, quinoa, oatmeal
- using a cinnamon stick as a stirring stick for hot cocoa
- mixing fresh dates and almond butter in food processor and roll in cinnamon

Treat your kitchen as a healing "farmacy". Whenever possible, turn first to foods, as the ancients did, to heal and enhance before numbing your body's signals with over-the-counter medicine. This time of year we are drawn to cinnamon for its warming and drying effect. Experiment with the recipes below and explore ways to feature cinnamon in your meals.

Cinnamon Sauce

Drizzle over frozen banana whipped cream (see <http://www.bnourished.com/bnourished/Desserts.html> for recipe), oatmeal, frothy drinks, fruit, cake and any other desserts.

1/2 C agave sauce
1/2 tsp vanilla extract (alcohol-free)
1/2 tsp cinnamon
1/4 tsp nutmeg, freshly grated

Place all ingredients in a small jar, cover tightly and shake until well combined.

Sauce will stay fresh for weeks in the fridge.

Cinnamon Chai Latte

2 C almond mylk*
1 1/2 Tbsp agave nectar
2 tsp
cinnamon
1/4 tsp nutmeg, freshly ground if possible
1/4 tsp cardamom
1/2 inch ginger, fresh, minced
pinch sea salt

Blend all ingredients in a high-powered blender until smooth. Adjust seasonings to meet your taste. Serve warm either from blending long enough to create some heat or heat on low in a saucer until the desired temperature. Sprinkle cinnamon on top and serve with love.

* (see <http://www.bnourished.com/bnourished/Beverages.html> for recipe) or use a store bought brand of mylk such as hemp, rice or almond.

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Please see www.bnourished.com for more details about Katie and her services.