



EVERYTHING HERBAL

by Cheryl Jabz

Cinnamon

CINNAMON WARMING TEA

1 POTENTIAL BENEFITS

- Traditionally used to promote warmth and circulation.
- Rich in antioxidants.

2 CINNAMON WARMING TEA

INGREDIENTS

- 1 cinnamon stick
- 2 cups water
- Optional: ginger and honey

DIRECTIONS

- 1 Simmer for 10 minutes.
- 2 Strain and enjoy warm.



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