



Everything Herbal

by Cheryl Jabz



CINNAMON VANILLA HERBAL COFFEE

BENEFITS:

Cinnamon may help support healthy blood sugar levels. Vanilla adds natural sweetness and aroma. Coffee provides antioxidants and energy.



INGREDIENTS:

- 1 cup freshly brewed coffee
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 1 tablespoon honey or maple syrup (optional)
- 2 tablespoons milk or cream

INSTRUCTIONS:

- 1 Brew your favorite coffee.
- 2 Stir in cinnamon and vanilla.
- 3 Add honey and milk if desired.
- 4 Serve hot.



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