



Everything Herbal

by Cheryl Jabz

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Flavor & Common Uses of Cinnamon

Warm, sweet spice with cozy depth



1. FLAVOR PROFILE



Warm, sweet, woody, and slightly spicy. Cinnamon adds cozy depth and gentle heat to both sweet and savory dishes.



3. BEST PAIRINGS

Apple, pear, honey, ginger, nutmeg, clove, vanilla, maple, and orange.



4. USAGE TIP

Start with a small amount and adjust to taste. A little cinnamon goes a long way in both sweet and savory recipes.



5. KITCHEN NOTE

Ground cinnamon is great for quick mixing, while cinnamon sticks work well for simmering in teas, cider, and other warm drinks.



2. COMMON USES



Baking

Cookies, cakes, muffins, quick breads, cinnamon rolls, and pies.



Breakfast

Oatmeal, pancakes, waffles, yogurt, toast, and fruit.



Drinks

Tea, coffee, hot cocoa, cider, smoothies, and chai blends.



Savory Dishes

Chili, curries, stews, roasted vegetables, sauces, and rice dishes.



Spice Blends

Pumpkin spice, apple pie spice, chai spice, and garam masala.

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