



Everything Herbal

BY CHERYL JABZ

KNOWLEDGE. NATURE. WELLNESS.



CINNAMON

Cinnamon is a warm, aromatic spice loved for its sweet flavor and comforting wellness traditions. It is often used in teas, breakfasts, baked treats, and cozy homemade remedies.



WARM SPICE



COZY FAVORITE



VERSATILE INGREDIENT

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CINNAMON'S 3 MOST POPULAR RECIPES



Warm. Comforting. Naturally Delicious.



1 CINNAMON HONEY TEA

A soothing warm drink with sweet cinnamon flavor, perfect for cozy mornings or relaxing evenings.

KEY INGREDIENTS

Cinnamon Stick or Ground Cinnamon • Hot Water • Honey • Lemon (optional)

WHY YOU'LL LOVE IT

Simple, comforting, and easy to make anytime.



2 CINNAMON APPLES

Tender skillet apples gently cooked with cinnamon for a naturally sweet side dish or dessert.

KEY INGREDIENTS

Apples • Cinnamon • Butter or Coconut Oil • Brown Sugar or Maple Syrup

WHY YOU'LL LOVE IT

Warm, sweet, and delicious over oatmeal, pancakes, or on its own.



3 CINNAMON OATMEAL

A hearty breakfast bowl flavored with cinnamon for a wholesome and satisfying start to the day.

KEY INGREDIENTS

Rolled Oats • Milk or Water • Cinnamon • Honey or Maple Syrup • Raisins or Nuts (optional)

WHY YOU'LL LOVE IT

Filling, cozy, and perfect for breakfast or a light snack.



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