



EVERYTHING HERBAL

by Cheryl Jabz

Cheryl's Quick & Cozy CINNAMON MILK

A warm, comforting drink ready in minutes!



INGREDIENTS

- 1 cup milk
- 1/2 tsp ground cinnamon
- 1/2 tsp honey or maple syrup
- 1/4 tsp vanilla extract



STOVE METHOD

Combine all ingredients in a small saucepan over medium heat. Whisk frequently until warm and cinnamon is blended.



MICROWAVE METHOD

Combine ingredients in a microwave-safe mug. Microwave for 60–90 seconds, then stir well until the cinnamon is dissolved.

TIP

Use your favorite milk (dairy or non-dairy) and adjust the sweetness to your taste!

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