



Everything Herbal

by Cheryl Jabz



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Cinnamon Tea Recipe

Warm, soothing, and naturally good for you.



Cinnamon tea may help lower LDL ("bad") cholesterol and triglycerides while maintaining or slightly improving HDL ("good") cholesterol levels. This can contribute to better cardiovascular health over time.



By helping regulate blood sugar and reduce cravings, cinnamon tea may support healthy weight goals when combined with a balanced diet.



INGREDIENTS

- 1–2 cinnamon sticks
(Ceylon preferred for a smoother, sweet taste)
- 2 cups of water



INSTRUCTIONS



- 1 Place in a small pot and heat until the water is a full boil.



- 2 Lower the heat, cover, and let it gently simmer for 8–15 minutes to enhance flavor and release beneficial properties.



- 3 Remove from heat, allow it to steep, then strain into a cup.
Add honey, maple syrup, or agave and serve warm, if desired.



DIGESTION SUPPORT

Cinnamon, from the spice cinnamon, supports digestion by stimulating enzymes that help reduce bloating, gas, and indigestion. Combined with warm milk, it creates a soothing drink that gently calms the stomach.



WEIGHT MANAGEMENT

It may also support weight management by helping regulate blood sugar and reduce late-night cravings, making it a healthier alternative to sugary snacks.



CHOOSE CEYLON

For regular use, choose Ceylon cinnamon ("true cinnamon"), which contains lower levels of coumarin and is considered a safer option.



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