

How to Enjoy Cinnamon

Concerned about recent headlines on cinnamon's safety? Debunk cinnamon rumors with [The Truth About Cinnamon](#). In the mean time there are many ways to safely enjoy this super sweet spice!

- In tea, coffee or apple cider
- On top of sliced fruit, toast, yogurt or ice cream
- In [hot breakfast dishes](#), like kashi, buckwheat groats or oatmeal
- In cookies, like [homemade ginger snaps](#)
- In whole grain dishes, like couscous, brown rice or quinoa with slivered nuts and dried fruit
- In home made granola or sprinkled in cereal
- In [fruit compote](#)
- In sweet squash soups
- In [apple cinnamon popcorn](#)
- In Mole recipes
- In spicy and sweet combination dishes
- In baked breads, [muffins](#) and [healthy desserts](#)