

NJSNA SPICE RACK



CINNAMON



BENEFITS OF CINNAMON

- ◆ Cinnamon can lower your bad cholesterol (or LDL).
- ◆ Cinnamon has antifungal, antibacterial, and even antiviral properties.
- ◆ Cinnamon can help treat the symptoms of Alzheimer's and Parkinson's.
- ◆ Cinnamon may have anti-carcinogenic properties.
- ◆ Cinnamon has anti-inflammatory properties.
- ◆ Cinnamon is Loaded With Antioxidants

BAKED CINNAMON APPLES

INGREDIENTS

- 1 apple
- 1 teaspoon cinnamon
- 2 Tablespoons brown sugar
- 1 piece of aluminum foil

INSTRUCTIONS

1. Slice 1 apple of your choice very thin (1/8 inch) you'll end up with approximately 40 slices total.
2. Place apple slices onto a sheet of foil, sprinkle 2 Tablespoons of brown sugar and 1 teaspoon of cinnamon.
3. Wrap up foil by gathering each corner and pinch it together and place on baking sheet.
4. Bake at 400° for 25 minutes.