

Cinnamon

Cinnamon is a fragrant spice with a warm, sweet flavor, derived from the inner bark of the *Cinnamomum* tree.

It has potent antioxidant and anti-inflammatory properties, supporting heart health and regulating blood sugar. Often used in baking and beverages, cinnamon also adds a touch of warmth to savory dishes, enhancing both flavor and wellness during the winter months.



Cinnamon Baked Apples

INGREDIENTS

- 4 large apples (Honeycrisp or Granny Smith work well)
- $\frac{1}{4}$ cup rolled oats
- $\frac{1}{4}$ cup chopped pecans or walnuts
- 2 tablespoons raisins or dried cranberries
- 2 tablespoons honey or maple syrup
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon ground nutmeg
- 1 tablespoon butter, melted
- $\frac{1}{2}$ cup apple juice or water
- Optional: vanilla ice cream or Greek yogurt for serving

DIRECTIONS

1. Preheat oven to 350°F (175°C). Core the apples, leaving the bottom intact to create a well for the filling.
2. In a small bowl, combine oats, chopped nuts, raisins, honey, cinnamon, nutmeg, and melted butter. Mix until combined.
3. Stuff each apple with the oat-nut mixture, packing it in firmly.
4. Place the stuffed apples in a baking dish and pour apple juice or water around the base of the apples to keep them moist while baking.
5. Cover the dish with foil and bake for 20 minutes. Remove the foil and bake for another 15-20 minutes, or until the apples are tender and the filling is golden.
6. Serve warm with a scoop of vanilla ice cream or a dollop of Greek yogurt.

STORAGE & SELECTION

When buying ground cinnamon or cinnamon sticks, ensure packaging is sealed for freshness. Look for organic options, when possible, to avoid additives. Store ground cinnamon or sticks in an airtight container in a cool, dark place. It can last up to 1 year for best flavor but will remain safe to use longer.