Ways to Incorporate More Cinnamon Into Your Diet

Benefits of Cinnamon (420 words)

Hello [[firstname]],

If you read the latest blog post titled ‘Benefits of Cinnamon’ you already know that cinnamon is loaded with nutrients. Make sure you read the blog post so you know why want to have more of it in your daily diet.

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Cinnamon is not only a seasonal spice, but it is also very good for you. It is filled with vitamins and minerals, as you know from the ‘Benefits of Cinnamon’ blog post. Here are some tips for incorporating cinnamon into your regular diet.

**Top Yogurt or Ice Cream**

One of the simplest ways to get more cinnamon into your diet is simply to top some of the foods you will be eating anyway. For example, if you are having some plain or vanilla Greek yogurt, sprinkling a little cinnamon on top adds to the flavor and also increases its nutrition at the same time. If you are having French vanilla ice cream, you will be amazed by how good cinnamon tastes on top. You can even top some sliced apples with the ice cream and cinnamon, then have a much healthier version of an apple crisp.

**Add it To Your Fruit**

If you are trying to add more fruit to your diet, cinnamon can definitely motivate you to keep eating more. Many types of fruit taste better with some cinnamon sprinkled on top, including bananas, apples, and pears. These are all frequently found during the holiday season, and will allow you to have a healthy snack with a little bit of a kick.

**Put Cinnamon in Your Smoothie**

If you like to make smoothies in the morning, add some cinnamon for increased health benefits and a little kick at the same time. Just about any flavor of smoothie will taste good with cinnamon, but particularly more dessert smoothies like those made with peanut butter, honey, or chocolate. However, even fruit smoothies tastes great with a little cinnamon. You can even sprinkle some cinnamon in your homemade juice after it is done and give it a little stir.

**Sprinkle it in Coffee Grounds**

Believe it or not, you can sprinkle spices right in your coffee grounds, and it will go through the coffee maker with the grounds, flavoring your coffee. Cinnamon is perfect for this. You will have coffee that tastes like cinnamon without having to add it to each cup later on.

[sign off]