Glimpse into Foodie Friday week 7 2014 – Cinnamon

Good afternoon! Happy Foodie Friday!

Yes, I know. It is Saturday. Oops! The first Foodie Friday of the new series should have begun yesterday, but as most of us know, Chronic Fatigue Syndrome has its moments which make a regular routine unrealistic! I may have to change Foodie Friday to a bi-monthly thing, rather than weekly, but I will see how I go!
Today's ingredient is cinnamon. I use it all the time, such as in the Passion Pleasers I posted about on Sunday. Other recipes I have created on my blog which use cinnamon are:

- spiced pineapple syrup cake
- choc banana quinoa cookies
- zuchinni brownies
- breakfast cakes
- quinoa breakfast bowl
- nut, seed and banana bread
- waffles
- power balls.

It is delicious, and can be used in sweet and savoury dishes, and in meals, treats or drinks, and in an oil for therapeutic use. Even if you don't use it as the feature flavour in a dish, it can be a hidden added nutrient!

Cinnamon was once highly valued in trading, more so than gold, and it is not hard to see why.
Just half a teaspoon a day can help lower your levels of bad cholesterol (LDL – low density lipoprotein). It contains manganese, calcium, iron, and dietary fibre. It has anti fungal, antibacterial, anti parasitic, anti-clotting and anti inflammatory properties (amazing!). It is a natural food preservative due to its ability to prevent bacterial growth.The smell can boost brain activity, and cognitive and

memory function, and can relieve nervous tension. It can help improve the pain from arthritis, headaches, migraines and menstrual cramping. It keeps blood sugar levels steady, so is great for weight loss and type 2 diabetes. It is also safe for people with Fructose Malabsorption and following a FODMAP diet. To top it all off, it is delicious!
What a fantastically beneficial ingredient to add to your meals and drinks!

