

## FOOD OF THE WEEK: CINNAMON

It might sound strange to think of a spice as a food that could be filled with nutrients, but cinnamon is packed full of amazing phytochemicals. Cinnamon contains anti-inflammatory compounds that could help to ease the pain and stiffness of joints and muscles. What's more, cinnamon is also really good for your digestive system, and it can help to relieve gas and ease nausea. The newest buzz about cinnamon, is that it can help control blood sugar levels. It does this by sort of mimicking insulin and helping glucose get into cells. In addition to reducing blood sugar, it can also help to reduce triglycerides, total cholesterol, and "bad" (LDL) cholesterol in people with type two diabetes. As if easing joint pain, relieving digestive issues, and controlling blood sugar weren't enough, cinnamon is also a good source of fiber. One Tbsp of cinnamon has 4 grams of fiber.

Here are some ways to help get more cinnamon into your diet:

- Sprinkle it on your oatmeal or cold cereal in the mornings
- Eat it on top of buttered toast
- Sprinkle a tsp over your applesauce
- If you're a coffee drinker, add ½ a tsp to the pot before you brew it
- Sprinkle it over vanilla ice cream or frozen yogurt
- Use it to flavor winter squash or sweet potatoes



### Get Cooking: Cinnamon Roasted Almonds

These almonds are great to make as an appetizer for holiday get-togethers. Put them in a clear mason jar with a bow on top for an easy gift to give to friends and family.



#### Ingredients:

- 4 cups whole almonds
- 1 egg white
- 1 tsp vanilla
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1/2 tsp salt
- 1 Tbsp ground cinnamon

#### Instructions:

1. Preheat oven to 250 degrees F. Lightly spray a baking sheet.
2. Lightly beat the egg white; add vanilla, and beat until frothy but not stiff. Add the nuts, and stir until well coated. Mix the sugars, salt, and cinnamon, and sprinkle over the nuts. Toss to coat, and spread evenly on the prepared pan.
3. Bake for 1 hour 15 minutes in the preheated oven, stirring occasionally, until golden. Allow to cool, then store nuts in airtight containers.