

## Re: Cinnamon again: even BETTER news

**Source:** <http://sci.tech-archive.net/Archive/sci.med.cardiology/2005-01/0381.html>

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**From:** Skinny (*no\_at\_no.com*)

**Date:** 01/08/05

Date: Sat, 08 Jan 2005 17:23:48 GMT

On Sat, 08 Jan 2005 03:37:24 -0800, Owen Lowe wrote:

I drink a lot of chai (Indian tea brewed with cinnamon sticks, whole cloves, whole cardamom pods, whole black peppercorns, and other such whole spices). Also I put these whole spices in a cup of hot chocolate etc.

Skinny  
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> In article <1105119307.034762.224020@f14g2000cwb.googlegroups.com>,  
> "Zee" <zwalanga@yahoo.com> wrote:  
>  
>> Try cinnamon:  
>>  
>> on oatmeal or other cereal  
>> in your yogurt  
>> sprinkled over honey spread on whole grain toast  
>> on brown rice, yes, still can use hot peppers. mimics the middle  
>> eastern approach to heat and sweet together  
>> in tomato pasta sauces  
>> in homemade cranberry sauce  
>> in homemade masalas, along with curcumin and turmeric  
>  
> Dust liberally on beef or pork roasts – really. Came across the recipe  
> in the Food section of *The Oregonian* newspaper last year. Along with  
> salt, white pepper and garlic, generously dust the meat surface with  
> cinnamon. Bake in an oiled pan at 325F for a couple/few hours til  
> desired doneness and enjoy!