

# Kates Cinnamon Sugar

makes 1 Jam jar, ca. 150g

## Ingredients

150 g Sugar  
1-2 Teaspoons of Ground  
Cinnamon  
1 Empty Jam jar



video

## Preparation

Put the sugar and ground cinnamon into the jam jar and shake well. The Cinnamon sugar keeps for at least 6 months.

## TIPS FOR USING CINNAMON SUGAR:

- on pancakes
- in natural joghurt
- in rice pudding
- on waffles
- on french toast
- on apple cake
- as a quick and easy way of spicing up apple puree or any fruit for a crumble... and many many more!!!

Just as some extra information...

- Cinnamon is good for your digestive system
- Cinnamon sinks you cholesterol levels.
- Cinnamon regulates your blood sugar levels.
- Cinnamon helps to lose weight. (Be careful here...this is not so effective in combination with sugar 😊 )

**KÜCHENSCHMIDE**

