



# OH11 ORGANIC GROUND CINNAMON

## Nutrition Facts

Serving Size 1/4 tsp (.5g)

### Amount Per Serving

Calories 0 Cals. From Fat 0

### % Daily Value\*\*

<b>Total Fat</b>	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	0 mg	0%
<b>Total Carbohydrate</b>	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	
<b>Protein</b>	0 g	

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 0%

\*\*Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		CALORIES	2000	2500
Total Fat	Less than	65g	80g	
Sat. Fat	Less than	20g	25g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories Per Gram:

Fat 9 \* Carbohydrate 4 \* Protein 4

### Source of Nutritional Information

#### Ingredients

Organic cinnamon.

#### Handling And Storage

Store in a dry, cool place.

## Points Of Interest

Our Organic Ground Cinnamon, also known as organic korintje cinnamon, has the truest of cinnamon flavors, with a warm, spicy and sweet flavor profile. Our Organic Ground Cinnamon comes ground for your convenience.

- Light to dark tan with reddish undertones
- Fine texture powder
- Pungent, slightly bittersweet
- Certified organic to the specifications of the USDA National Organic Program

## Suggested Uses

- Simmer in soymilk and honey for a delicious warming beverage
- Sauté with lamb, eggplant and raisins for Middle Eastern flavor
- Add to mulled wine or spiced ciders

## Basic Preparation

Ready to use. Add to taste.

## Recipe

Hot Spice Punch

- 1 bottle of dry red wine
- 1 orange peel, thinly pared
- 5 cloves
- 2 tablespoons Ground Organic Cinnamon
- 3 cardamom pods, crushed
- 3 coriander seeds, crushed
- 1/2 cup seedless raisins

Put all of ingredients, except raisins, in large bowl, and infuse for about 8 hours.

Strain and add raisins.

Heat punch until it begins to shake, but do not allow to boil.

Serve warm.

Makes 4 servings