



**BRAIN HEALTHY  
COOKING**

# TAKE THE “GOOD” CINNAMON CHALLENGE!

## Get Your Daily Dose of Brain Healthy Cinnamon

Cinnamon, a potent antioxidant and anti-inflammatory, is full of health benefits for the body and brain. It's so good for us, in fact, that scientists recommend a daily dose of cinnamon – from ½ to 1 teaspoon a day.



1. Create a cinnamon spread using low-fat cream cheese to spice up your morning toast.
2. Sprinkle cinnamon on pita bread and bake for a tasty, toasty snack.
3. Cut out the salt! Sprinkle cinnamon on your popcorn in its place.
4. Roast tomatoes, garlic and cinnamon in the oven to create a warm-you up sauce. Perfect for pasta and bland chicken dishes.
5. Add cinnamon to your mashed potatoes instead of nutmeg.
6. Add some cinnamon to steamed cauliflower or broccoli to jazz up your veggie side dish.
7. Sick of bland oatmeal? Cheerios just not cutting it anymore? Sprinkle on some cinnamon for a flavor boost without the added chemicals and sugars that come with flavored-enhanced cereals.
8. Craving a snack? Try plain yogurt with some cinnamon and a dab of honey or diced apple.
9. Make your own brain healthy applesauce! Slice and dice your favorite apples, boil them down until mushy. Stir in some cinnamon. Voila! Fabulous apple sauce without sugar and full of apple-cinnamony goodness. Go on, make a bunch; it freezes well.
10. Looking to get a little more cinnamon into your diet? Add it to your soup! Purees and bisques are a great place to start, like a butternut squash or carrot soup.
11. Flavor your sauces with cinnamon. A good sized sprinkle added to your cranberry sauce, apple sauce, barbecue sauce or even tomato sauce will be sure to invigorate your meal!
12. Warm up that hot drink! Stir some cinnamon into your coffee, tea and hot chocolate. Or better yet, next time you grind your morning beans, throw in a cinnamon stick.
13. Sick of the same old meat marinades? Liven up tonight's dinner by adding cinnamon to your regular marinade mix.



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14. A tasty swap: sprinkle cinnamon on deviled eggs instead of paprika.
15. Making a big breakfast this weekend? Roll your French Toast in cinnamon before you cook it up.
16. Enhance the flavors of your favorite fruits by dipping them into some cinnamon. Our favorites? Bananas, apples and strawberries. What are yours?
17. No kidding – Cinnamon tastes good on fish! Try adding it to a soy sauce marinade for salmon.
18. Baked sweet potato? Leave off the butter and marshmallows in favor of a sprinkle of cinnamon and enjoy more of that fabulous sweet potato flavor and less fat and added sugar.
19. Shake cinnamon into tonight's stir fry for something a little different.
20. Already a cinnamon freak? Try this challenge: Double the amount called for in every recipe!
21. A little honey and a sprinkle of cinnamon can make almost anything better. Try this sweet concoction instead of sugar, butter, jelly, jam or syrup.
22. Try a dash of cinnamon instead of nutmeg next time you make creamed spinach. Or for a bolder, healthier veggie dish, sprinkle cinnamon on your steamed or boiled spinach for some extra zing!
23. Make your own salad dressings? Next time you shake up some oil and vinegar, add a little cinnamon for a brand new salad experience.
24. Crunching some tasty rhubarb? Making a rhubarb sauce for tonight's dessert? Add some cinnamon; the flavors pair nicely.
25. We love pineapple. With its meaty texture and sweet/sour goodness, this fruit is so versatile. Try this delicious meat alternative. Slice pineapple rings, fairly thick, sprinkle with cinnamon and a drizzle of honey, and grill. Serve with your favorite rice dish.
26. An easy treat? Try this Baked Apples recipe. Slice apples and add to a baking dish in a single layer. Sprinkle with cinnamon and toss with raisins. Bake until tender.
27. Got a great curry recipe? Add some cinnamon for a different take on a classic.
28. Got the best chili recipe? Everyone has one. Next time you crave that chili-goodness, try adding some cinnamon to the mix.
29. Kids (or the kid in us all) love cinnamon. Try this: Mash a banana with a good size pinch of cinnamon. Use as a spread on a peanut butter sandwich instead of jelly.
30. Like to bake? Add a teaspoon of cinnamon to all your favorite cookie recipes.



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Check out our delicious cinnamon-inspired recipes and other Brain Healthy Cooking tips!

### A Cautionary Note (or 2!)

- Do not exceed 3 teaspoons of cinnamon a day. In small amounts cinnamon is a healing agent; in excessive amounts it can stress the liver.
- DON'T fall for the OTHER "cinnamon challenge" which has been a YouTube phenomenon. Swallowing several tablespoons of dry cinnamon is not only extremely uncomfortable creating a hot searing sensation in your throat, some kids have inhaled it into their lungs sending them to the hospital!



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