

PREVENTATIVES - CINNAMON -

Preventatives Cinnamon - 1.76 oz

Cinnamon was widely used in the ancient world as a beverage flavoring, a medicine and an embalming spice. Recent research shows that cinnamon may support normal blood glucose levels and nourish the circulatory and endocrine system. Cinnamon is a potent antimicrobial.

Ingredients

Purified Water, Gum Arabic, Cinnamon Extract, Rosemary Antioxidant.



Recipes

Ginger Cider



What you will need: 8 oz Organic Apple Juice or Cider, 1/8 tsp of Preventatives-Ginger, 1/4 tsp freshly squeezed lemon (optional), a small drop of Preventatives-Chili (optional), a small drop of Preventatives-Cinnamon (optional).

Directions: Stir Preventatives-Ginger, Chili, Cinnamon and fresh lemon juice into apple juice. Serve it hot or cold.

Apple Dip



What you will need: Apples, Yacon, Cinnamon Preventatives.

Directions: Squirt Yacon into a bowl. Start with two drops of the Cinnamon Preventatives. Stir and taste. If you want it stronger add more Cinnamon Preventatives. Wash apples and slice them into 1 inch wedges.

Whole-plant extracts for whole-plant health

Our whole-plant extracts are remarkably strong and wonderfully powerful ingestible substances. A single drop represents highly concentrated plant material, therefore, it's wise to proceed with caution when trying them for the first time. Here is a set of suggestions for best use.

1. Always try a fraction of a drop first, especially when flavoring a single serving. Gather just a trace of the spice on a toothpick and stir it into your food, water, or herbal tea. Taste and add more as desired.
2. For maximum health benefits, add the extract after you have taken the food off the burner. This allows the maximum properties of the plant to remain in the food. When you add the flavor while you are still cooking, some of the molecules "flash off." You'll be able to smell them filling the room with aroma.