

# Cleo Coyle's Cinnamon Stick Tea

Text and photos (c) by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband, Marc Cerasini.

In traditional Chinese medicine, cinnamon is a cure for phlegmy coughs. I can testify that it works. Brewing up fresh cinnamon stick tea always gives me relief, and its spicy-sweet flavor is delicious, too. Fresh brewing cinnamon tea from sticks also fills the house with the fragrance of cinnamon, a scent you can't get from brewing quickly in bags. And the scent of cinnamon has been linked to improving cognitive brain functions. Cinnamon is also a potent antibacterial and anti-inflammatory agent with one study showing it can help reduce muscle soreness.



PHOTO BY CLEO COYLE



Ceylon Cinnamon

## A NOTE ON CASSIA VS. CEYLON CINNAMON:

While I've made delicious cinnamon tea from less expensive Cassia cinnamon sticks (hard, single-layer sticks, the most common found in grocery stores), if you want a really spectacular tea, try the better quality (softer, many-layered) Ceylon cinnamon sticks.



Cassia Cinnamon



## Cleo's Cinnamon Stick Tea \* Makes 2 six-ounce cups of tea

- 2-1/2 cups water
- 3 Cassia cinnamon sticks or 2 Ceylon sticks (at least three-inches in length)
- 1 teaspoon raw, local honey (optional)
- 1 small orange (optional)

**Directions:** Place 2-1/2 cups of water into a saucepan with 3 Cassia cinnamon sticks or 2 Ceylon cinnamon sticks. Bring the water to a boil and turn the heat down to a low boil and simmer for 15 to 20 minutes. Turn off the heat and allow the cinnamon sticks to continue steeping in the water for a final 10 minutes. Strain into a tea cup and enjoy!

**Cleo's Cinnamon-Orange Tea with Honey:** After straining the cinnamon stick tea into your tea cup, stir in 1 teaspoon of raw, local honey until dissolved. Squeeze the juice of one orange wedge into the cup. Garnish by placing one cinnamon stick into the cup. If you like, slice a thin round of orange and slide it onto the tea cup's rim. Serve warm and...



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Drink with joy! ~ Cleo Coyle

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