

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.

Cinnamon is used in traditional Eastern medicines as a treatment for various ailments (more on why below), and I can testify that this cinnamon stick tea helps to alleviate my cold symptoms, specifically my phlegmy cough. Brewing up fresh cinnamon stick tea always makes me happy, 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.

Studies have shown cinnamon to be an antibacterial and anti-inflammatory agent. (Source Healthline, [read more here](#).) Now let's get our tea on! ~ Cleo



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.

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 teacup and enjoy!

Cleo's Cinnamon-Orange Tea with Honey: After straining the cinnamon stick tea into your teacup, 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 teacup's rim. Serve warm and...

Drink with joy! ~ Cleo Coyle

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