


# Honey & Cinnamon

## A tasty pairing, with a rather grand reputation

Makes: 1 small preparation or 1 mug

### You'll need

1-2 teaspoons honey

¼ teaspoon ground cinnamon

250ml warm water, optional

A squeeze of lemon, optional

### To make it

1. Stir the cinnamon thoroughly into the honey and enjoy from a teaspoon.

2. For a drink, stir the cinnamon into warm water and leave it for a few minutes.

3. Add the honey once the drink is comfortable to sip. Add lemon if you prefer a sharper flavour.

### The old tale

Honey and cinnamon have long been kitchen companions. Online claims have since given this simple combination an extraordinary reputation, ranging from weight loss to treating diabetes.

### What the evidence says

NCCIH says research does not clearly support cinnamon for any health condition. Studies vary in the cinnamon species, dose and preparation used. Mixing it with honey does not turn it into an established treatment for diabetes, arthritis or heart disease. Enjoy the combination for its flavour.

### Hive observations

A stronger honey stands up well to the spice. Start with a small pinch of cinnamon if you want the honey to remain the main flavour.

### A sensible precaution

Never give honey to babies under 12 months. Allow hot drinks to cool before serving. Use cinnamon in food quantities. Prolonged high intake of cassia cinnamon can be a concern because of its coumarin content, particularly for people with liver disease.

Source: NCCIH: Cinnamon, usefulness and safety