

HEALTHY CINNAMON RECIPES

MOMS-TO-BE

CAN RELISH



CINNAMON PANCAKES

- Mix whole wheat flour, honey, baking powder, cinnamon, and baking soda in a bowl. Combine milk, eggs, and melted butter in another bowl.
- Add milk mixture to flour mixture to make a smooth-flowing batter.
- Heat oil in a pan and pour the batter. Cook on each side until golden brown.
- Enjoy with fresh fruits and a cup of milk.

APPLE CINNAMON OATMEAL



- Boil water in a pan and add apple slices, cinnamon powder, honey and rolled oats.
- Mix well and cook the mixture for five minutes until it thickens. Add milk and cook for another minute.
- Once done, turn off the heat and eat warm with fresh apple slices and chopped nuts.

CINNAMON AND CHIA PUDDING



- Mix chia seeds, cinnamon powder, banana pulp, and chopped nuts in a glass or bowl.
- Refrigerate the mixture for two to three hours to let it set.
- Top with fruits of choice and relish.