

# Thirsty Thursday

Steep the cinnamon stick in a covered mug of boiling water for 10 minutes. Sweeten with stevia and maybe a little almond milk.

Enjoy!

Do you struggle with a nighttime sweet tooth? Try a soothing mug of cinnamon tea. Among its many healthy benefits, cinnamon lowers blood sugar and increases metabolism. With stevia and a little almond milk it is a satisfying way to wind-down before bed, and might just keep you from reaching for sugary treats. I love Tazo Sweet Cinnamon Spice Tea, or use a cinnamon stick to brew your own.