



Herbs For Healing Newsletter



Spice of the month: Cinnamon

Don't we love delicious hot cross buns? So buttery, sweet and spicy!

A tasty treat to mark the end of winter, traditionally eaten on Good Friday, sharing a hot cross bun with a friend is said to ensure friendship throughout the coming year.

Hot cross buns contain mixed spice, one of which is cinnamon.

They also contain flour and sugar, both of which raise blood sugar levels, when eaten. This can be a problem for people suffering from insulin resistance or diabetes.

Insulin resistance is the stage *before* type 2 diabetes, or late-onset diabetes.



The good news is that insulin resistance can be reversed.

Cinnamon can help play a part in reversing this, as research is showing.

It can help reverse insulin-resistance, the stage before type2 diabetes

When people suffer from insulin resistance or type 2 diabetes, the pancreas is often still capable of producing insulin but the body cells are less able to react to it.

This means that sugar is not taken up by the cells and stays in the blood - leading to high blood sugar levels, which can result in ill health.

Research has found that cinnamon in any sweet bun or pudding works with

the body's insulin and helps re-sensitise cells to use the insulin correctly; so the sugar moves from the blood stream into the cells.

Studies have shown that cinnamon significantly increases the ability of the cells to use the sugar, which has a positive effect on the blood sugar level.



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Enjoy cinnamon as a medicine

Less than $\frac{1}{2}$ teaspoon per day of cinnamon has a positive effect on the blood sugar levels in people with type 2 diabetes.

Traditionally cinnamon is a warming spice, it can ward off the onset of a cold when mixed in tea or hot water together with some fresh ginger. Make sure it is true Ceylon cinnamon and not Cassia.

Cinnamon can practically be added to most sweet dishes but also to many savoury dishes, especially Middle Eastern dishes.



Chickpea and vegetable tagine with Cinnamon

Ingredients:

2 tbs. olive oil	$\frac{1}{4}$ cup dried currants or cranberries
1 onion, thinly sliced	1 tsp. ground turmeric
3 cloves garlic, chopped	1 tsp. ground cinnamon
2 tins chickpeas, rinsed and drained	1 tsp. ground cumin
3 carrots, cut into slices	$\frac{1}{4}$ tsp. cayenne pepper
1 sweet potato	$\frac{1}{2}$ cup plain Greek-style yogurt or crème fraîche
1 courgette, sliced	$\frac{1}{4}$ cup finely chopped parsley



Source: www.vegetariantimes.com

Directions: Heat oil in large pan over medium heat. Add onion and garlic, and sauté 2 to 3 minutes, or until onion slices are soft. Stir in chickpeas, vegetables, currants or cranberries, spices, and a little water. Cover and simmer 20 to 25 minutes, stirring occasionally. Season with salt and pepper. Garnish each serving with yogurt, and sprinkle with parsley.

Wholemeal Hot Cross Buns



Source: www.waitrose.com

Ingredients:

Crosses and glaze
100g Wheat-free and gluten-free bread flour
$\frac{1}{2}$ tsp Baking powder
1 tbsp Vegetable oil
2 tbsp Milk

1 tbsp Caster sugar	85g Butter
250g Wholemeal rye flour, plus extra for dusting	14g Easy-blend dried yeast
200g Wheat-free white bread flour	325ml Milk, slightly warmed
1 tsp Salt	4 Medium eggs, beaten
50g Caster sugar	50g Currants
1 tbsp Ground mixed spice	85g Sultanas
	50g Mixed peel, finely chopped

Directions:

Mix flours, salt, sugar and mixed spice. Rub in the butter. Stir in yeast. Pour in the milk and eggs; beat until smooth. Stir in the dried fruit. Spoon 6 widely spaced heaps onto an oiled baking sheet. Cover with greased clingfilm. Leave to rise in a warm place for 30–40 minutes until doubled in size and small holes formed by yeast bubbles have appeared on top.

Preheat oven to 200°C/gas 6. Make the paste for the crosses: beat flour, baking powder and oil with 100ml water. Once the buns have risen, remove the clingfilm and pipe a cross on each bun. Bake in the middle of the oven for 20 minutes. Mix the milk with sugar and brush over the buns; return them to the oven for 10 minutes or until golden. Transfer to a wire rack to cool.

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