

Did you know...

There are two different types of cinnamon you can buy: cassia and ceylon cinnamon. Cassia cinnamon typically comes from China and is the most common type of cinnamon. Roughly 80% of the ceylon cinnamon in the world comes from Sri Lanka, and is sometimes referred to as "true cinnamon". Ceylon cinnamon is lighter in colour and has a smoother texture compared to the common cassia cinnamon.

All types of cinnamon are healthy for you, but since ceylon cinnamon is a higher quality of cinnamon, it has even more health benefits, including stabilizing blood sugar levels. There is also a toxin that is found in both types of cinnamon, but is 250 times less present in ceylon cinnamon, so switching to the "true" version may be even more beneficial for your health!



Thanks to The Bulk Zone for offering the library a discount on the monthly spices.



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Thunder Bay
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Spice Club



September 2022
Spice of the Month:
Ceylon Cinnamon

Vegan Apple Cinnamon Streusel Muffins

Ingredients:

- 1 cup unsweetened oat milk (or any plant-based milk)
- 1 tbsp. apple cider vinegar
- 1 3/4 cups all-purpose flour
- 3 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. ceylon cinnamon
- pinch sea salt
- 2/3 cup sugar
- 1/4 cup sunflower oil , or canola oil
- 3 tbsp. applesauce, unsweetened
- 1 cup fresh apples, peeled and cut into small cubes
- 1/4 cup rolled oats

CRUMBLE TOPPING:

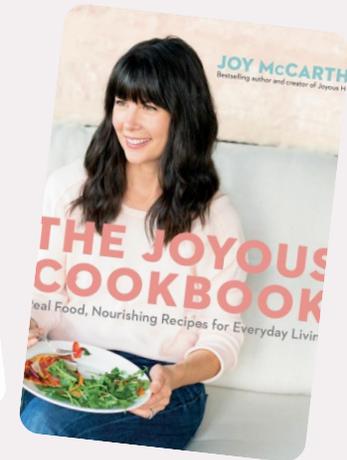
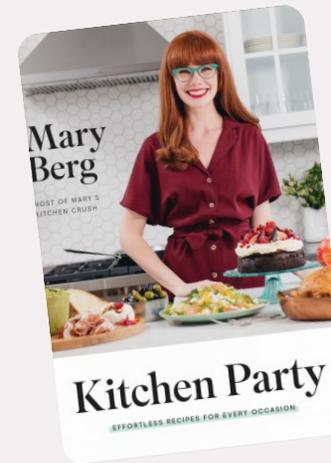
- 4 tbsp. all-purpose flour
- 3 tbsp. sugar
- 2 tbsp. rolled oats
- 1/2 tsp. ceylon cinnamon
- 2 tbsp. coconut oil



Directions:

- Preheat the oven to 200°C and line the muffin pan with 12 muffin liners.
- Combine the milk and apple cider vinegar. Mix and set aside.
- Make crumble topping by combining all ingredients and mixing well.
- To a medium-size bowl, add flour, baking powder, baking soda, cinnamon, and a pinch of salt. Mix to combine.
- To a large bowl, add sugar, sunflower oil, and applesauce. Mix with a whisk until well combined. Add milk with apple cider vinegar and whisk to combine.
- To the wet mixture, sift dry ingredients, and mix together until just combined. Be careful not to overmix. Then fold in apple cubes and rolled oats.
- Evenly divide the batter into 12 muffin liners and top with oatmeal crumble topping.
- Bake in preheated oven at 200°C for 5 min, then turn the oven to 180°C and bake for 15-20 min. The muffins are done when a toothpick inserted into the middle comes out clean.

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Almond Date Energy Balls

Ingredients:

- 10 medjool dates, (pitted, chopped)
- 1 cup roasted almonds
- 1/2 cup unsweetened flaked coconut
- 1/4 cup almond butter
- 1 tsp. ceylon cinnamon
- pinch sea salt
- 3/4 cup unsweetened shredded coconut, (for rolling)

Directions:

- Process dates, almonds, 1/2 cup coconut, almond butter, cinnamon and salt in food processor to a finely ground consistency.
- Shape mixture into walnut sized balls.
- Take each ball, press and roll into shredded coconut. Re-roll to form into balls. Transfer to a rimmed baking sheet lined with wax paper.
- Refrigerate for 30 minutes then transfer to an airtight container.