

Cinnamon Origin and History

Cinnamon has meant many things to many people over its long history. Ancient civilizations called it “sweet wood” for its warm flavor and woody, sweet aroma. The Egyptians, including Cleopatra, used it as perfume. And it served as a much-needed room freshener, burned like incense, during the Middle Ages. In Chinese mythology, pilgrims gained immortality from eating the fruit of the cinnamon tree. We love the thought that people over the ages have appreciated the wonderful aroma of cinnamon as much as we do today.

The 1600s, it turns out, were banner years for cinnamon. That’s when cinnamon toast—nothing more than cinnamon and sugar on hot buttered bread—was first recorded as a childhood favorite. It’s also when recipes for cinnamon sticks (or at least a form of them made with gum Arabic, rosewater, cinnamon and sugar) were prescribed as “good for colds, or children in church.” Today, we prefer natural cinnamon sticks, of course, but we still love cinnamon toast—and the essential dusting of cinnamon sugar on top.

BRUNCH

CINNAMON APPLESAUCE BREAD

Applesauce adds moistness to this cinnamon-spiced quick bread. Serve it at breakfast time or as a mid-afternoon snack. *Photo credit: Katie Goodman from Good Life Eats.*

15m	1hr	227	11
PREP TIME	COOK TIME	CALORIES	INGREDIENTS

Servings: 16

INGREDIENTS

2 1/2 cups flour

2 tablespoons McCormick® Ground Cinnamon

1 tablespoon baking powder

1/4 teaspoon salt

1 egg

1 cup chunky applesauce

1 cup firmly packed light brown sugar

2/3 cup fat free milk

2 tablespoons vegetable oil

1 cup chopped walnuts, divided

1/2 cup raisins

INSTRUCTIONS

- 1** Preheat oven to 350°F. Mix flour, cinnamon, baking powder and salt in large bowl. Set aside.
- 2** Beat egg in medium bowl. Stir in applesauce, brown sugar, milk and oil. Add to flour mixture; stir just until moistened. (Batter will be lumpy.) Stir in 1/2 cup of the walnuts and raisins. Pour batter into 9x5-inch loaf pan sprayed with no stick cooking spray. Sprinkle top evenly with remaining 1/2 cup walnuts.
- 3** Bake 55 to 60 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan; cool completely on wire rack.

NUTRITION INFORMATION

(per Serving)

Calories	227
Total Fat	7g
Cholesterol	13mg
Sodium	133mg
Carbohydrates	37g
Fiber	2g
Protein	4g

BRUNCH

CINNAMON ROLLS

Homemade cinnamon rolls are the ultimate indulgence. Soft and gooey in all the right places, McCormick® roasted cinnamon adds sweet-hot flavor that's deeper and richer than traditional cinnamon. Finished with a drizzle of cream cheese glaze, these are the cinnamon rolls family traditions are made of.

20m	25m	288	12
PREP TIME	COOK TIME	CALORIES	INGREDIENTS

Servings: 12

INGREDIENTS

Cinnamon Rolls

- 2 1/2 cups flour
- 2 teaspoons baking powder
- 1/2 cup milk
- 1/4 cup plus 6 tablespoons butter, melted, divided
- 1/4 cup sour cream
- 1 tablespoon **McCormick® All Natural Pure Vanilla Extract**
- 1/2 cup firmly packed brown sugar
- 1 tablespoon McCormick® Roasted Cinnamon

Glaze

- 1 cup confectioners' sugar

2 ounces (1/4 package) cream cheese, softened

1 teaspoon milk

INSTRUCTIONS

- 1** Preheat oven to 350°F. For the Cinnamon Rolls, mix flour and baking powder in large bowl. Add milk, 1/4 cup of the melted butter, sour cream and vanilla; mix to form a dough. Roll out dough on lightly floured work surface to a 15x11-inch rectangle.
- 2** Mix brown sugar and roasted cinnamon in small bowl. Brush dough with remaining 6 tablespoons melted butter. Sprinkle with brown sugar mixture. Roll up rectangle from the long end into a log.
- 3** Cut log into 12 rolls. Place cut side down in 9-inch round baking pan.
- 4** Bake 25 minutes or until golden brown. Meanwhile, for the Glaze, mix all ingredients in medium bowl until smooth. Drizzle over warm cinnamon rolls.

NUTRITION INFORMATION

(per Serving)

Calories	288
Total Fat	12g
Cholesterol	33mg
Sodium	182mg
Carbohydrates	41g
Fiber	1g
Protein	4g