

# True Oldies



## Exclusive Radio Recipes

By Laura Kurella

### Snickerdoodles

1 cup sugar  
1/2 cup butter  
1 large egg  
1 teaspoon pure vanilla extract  
1 1/2 cups flour  
1 1/2 teaspoons cinnamon  
1 teaspoon baking powder  
1/4 teaspoon salt  
Cinnamon sugar



Preheat oven to 350° degrees. In a mixer bowl, cream together sugar and butter. Beat in egg and vanilla. In another bowl, combine flour, cinnamon, baking powder and salt. Add dry ingredient mix to butter mixture, blend, cover and refrigerate 2 hours or till firm enough to roll into balls. Shape dough into small balls about 3/4-inch in diameter then roll in cinnamon sugar to coat. Set cookies 1-inch apart on lightly greased cookie sheets. Bake for 10 minutes or until edges are lightly browned. Cool slightly on pans, then remove to racks to cool completely. Servings per recipe: 48. Per serving: Calories 49; Fat 2g; Sodium 34mg; Carbs 7g; Fiber 0.1g; Sugars 4g; protein 0.50g.



### Know Your Cinnamon

There are **two types of cinnamon** out there but **only one has been tested** to show these benefits so it is important to be able to distinguish between the two.

**True cinnamon – Ceylon** - comes from the *cinnamomum zeylanicum* tree, a small evergreen tree that is native to Sri Lanka. It is lighter brown in color, mild in aroma and flavor, papery and brittle and the bark coils into a single spiraled quill. It is favored in Latin countries.

**Cassia** is a term used to describe cinnamon that originates from China that comes from the cassia tree and is known as **Vietnamese or Saigon cinnamon**.

**This is the type that was studied** and found to improve glucose and cholesterol, which is most beneficial for those suffering with Type 2 Diabetes. **Be sure to tell your healthcare provider if you plan to use it.**

Cassia has a stronger, more intense and often hotter flavor than Ceylon, is darker and redder in color and coils into a double-spiraled quill. Cassia's more intense aroma and flavor is due to its higher content of cinnamaldehyde.

Cassia also possesses a significant amount of the blood-thinning phytochemical **coumarin**, which, according to website reports, led Germany to ban its importation.