

A clear glass filled with a light-colored, frothy beverage, likely a cinnamon latte. Three cinnamon sticks are placed on top of the drink, leaning against each other. The background is a plain, light-colored surface.

XCentric Ideas

Cinnamon

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All photos my own

Cinnamon Honey Butter

227g salted butter, room temperature
1 teaspoon ground ginger
1 cup honey
2 teaspoons cinnamon

Beat everything together.

Store this however you normally store butter.

Put it in the fridge if you plan on keeping it for a while, or on the counter if it will be eaten within a couple days. Either way it should be served room temperature.

This will keep in the fridge for as long as butter keeps in the fridge, at least 5-6 months.

I used this as a frosting on a bran muffin.

This will be lovely on toast.

Perfect gift idea.

Recipe: <https://thefoodcharlatan.com/cinnamon-honey-butter-recipe/>





Cinnamon bread roll-ups

sliced bread (white or brown)
cream cheese / *smooth cottage cheese*
± 3/4 cup icing sugar
1 cup white/brown granulated sugar
1- 1/2 tsp ground cinnamon
3/4 cup butter/margarine, melted

Cut off the crusts, flatten each slice with a rolling pin (*or a wine bottle*). Mix the cream cheese / cottage cheese with little bit of icing sugar at a time, till it's to your taste.

Spread the mixture on each slice bread. Carefully roll up each slice. Mix the white/brown sugar with cinnamon. Brush each rolled-up slice with the melted butter/margarine and gently roll into the sugar-cinnamon mixture.

Preheat oven to 180 °C. Carefully place the rolls on an ungreased baking sheet and bake for 20 minutes, or till golden brown.

As it cools down, the outside of each roll hardens.

This is seriously fabulous!!!! A quick snack for unexpected guests.

Recipe: <http://rindymae.blogspot.com/2013/04/cinnamon-cream-cheese-roll-ups.html>

Baked pumpkin fritter muffins

250 g pumpkin/butternut, steamed
2 x-large eggs
1/2 cup milk
Salt
2 tablespoons ground cinnamon
1/2 cup white sugar

Mix the cinnamon & sugar.

Preheat oven to 200 °C. Beat eggs with milk.

Spray a big 6 muffin pan or small 12 muffin pan. Puree the butternut, add the egg mixture, season with salt and pour into the muffin pan. It will be smooth.

Sprinkle a thick layer of cinnamon sugar on top. Bake for 30 minutes.

Serve with honey, syrup or ginger syrup.

Serve with ice cream as dessert.

Recipe: Alma Pretorius





Date & cinnamon muffins

Makes 12

1 cup selfraising flour
220 g dates, cut into small pieces
1/2 cup boiling water
1 teaspoon salt
2 large eggs, beaten
1/2 cup milk
1/4 cup vegetable oil
2 teaspoons ground cinnamon powder

Preheat oven to 190 °C. Prepare 12 muffin pan.

In food processor, blend the dates with boiling water till a puree. Add the eggs, milk, salt, cinnamon and oil. Add the selfraising flour and mix. Spoon into 12 muffin pan. Bake for 20 minutes.

Peanut butter, coffee & cinnamon cookies

1 ½ cup peanut butter
1 teaspoon allspice (mixed spices)
2 large eggs
2 teaspoons ground cinnamon
¾ cup white sugar
1 cup desiccated coconut
10 teaspoons decaf/normal instant coffee granules

Preheat oven to 180 °C.

Mix the ingredients together, roll in small balls and place on greased baking sheet.

Press down with fork. Bake for 15 minutes. Let cool for 10 minutes on baking sheet and let it cool down completely on wire rack.





Cinnamon fudge

1 tin condensed milk
2 cups white sugar
250g baking margarine
2 heaped teaspoons ground cinnamon
1 heaped teaspoon mixed spice (allspice)

Melt margarine, add sugar and stir till sugar has dissolved. Add condensed milk, mixed spice (allspice) and cinnamon and stir continuously until it starts to boil.

Lower heat (no 2 on stove) and stir for another 20 min. Pour into baking tray and allow to set.

Sugar thermometer

Using a thermometer is a far more accurate method for testing the stages of the sugar syrup. For Fudge - soft ball stage at 112 - 115 degrees C.

Recipe: Adapted by alma Pretorius from
<http://justeasyrecipes.co.za/2009/08/27/fudge/>