



# FAIR TRADE ORGANIC CINNAMON POWDER

Our Cinnamon Powder is cinnamon zeylanicum, also known as true cinnamon. It is ground from the air-dried quill or roll of bark which has been peeled from fragrant cinnamon trees.

## Why Cinnamon Powder?

Our Cinnamon Powder can be enjoyed in both sweet and savoury dishes and is naturally high in:

- ✓ Fibre
- ✓ Calcium, manganese and iron, which contribute to normal energy-yielding metabolism
- ✓ Calcium and manganese also contribute to the maintenance of normal bones
- ✓ Iron contributes to the reduction of tiredness and fatigue

It is low in:

- ✓ Fat
- ✓ Salt

Our Cinnamon Powder is:

- ✓ A sugar free sweetener
- ✓ A healthier alternative to cassia cinnamon, which is often found in stores
- ✓ Naturally lighter in colour and fragrance than cassia cinnamon
- ✓ Gluten and dairy free

## Why Fair Trade?

Our Cinnamon Powder is from Kerala, India (otherwise known as 'India's Spice Garden') and those farmers and workers involved in its production, directly benefit from the Fair Trade premiums through:

- ✓ Sustainable, organic farming to increase incomes
- ✓ The installation of solar panels for local communities
- ✓ The implementation of water conservation
- ✓ Water harvesting structures



GB-ORG-04  
Non-EU Agriculture



Check out our website or join our social media followers for recipe ideas and more.



Google 'How to use Lucy Bee Cinnamon Powder'

## How to use Lucy Bee Organic Cinnamon Powder

This delicately warm tasting spice is great to add to foods and drinks. Some of our favourites include:

- ✓ Sautéed Banana with Cinnamon
- ✓ Hot Cross Buns – Gluten Free
- ✓ Apple, Cinnamon and Pecan Muffins
- ✓ Roasted Butternut Squash with Honey and Cinnamon
- ✓ Parsnip and Carrot Crisps
- ✓ Coconut Flour Banana Loaf
- ✓ Lucy Bee Hot Chocolate with Cinnamon
- ✓ Dairy Free Plum, Blackberry and Blueberry Crumble
- ✓ Carrot Cake
- ✓ Beetroot and Butternut Squash Soup
- ✓ Cinnamon Roast Chicken

## Lucy's Tips:

- ✓ Our Cinnamon is a great superfood. I love to use it as a sugar free sweetener blended into smoothies and hot drinks.
- ✓ Sprinkle into rubs, meat or vegetarian chilli, or add to cakes for a warming flavour and that festive aroma all year round!



## NATURE'S PERFECT INGREDIENTS





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## What Makes Lucy Bee Different?

Lucy Bee is concerned with Fair Trade, ethical and sustainable living, recycling and eating close to nature with additive free products for health.

### ✓ Fair Trade

We pay a 10% premium for our products. This is used for sustainable community projects and fair wages. In addition, a further 0.75% of total sales is paid to the Fair Trade body to allow them to do their good work, such as auditing and compliance.



In the words of Winfried Fuchshofen PhD, Director of the Fair Trade Sustainability Alliance (FairTSA), "By using products certified by us, we will all continue our path to supporting a fairer world for all, creating new possibilities and better living conditions for rural communities around the globe."

## Our Product Range



### ✓ Organic

We believe in the need to protect our individual health and the health of the Planet by following the principles of organic farming and avoiding pesticides and intensive farming practices.

### ✓ Environmentally Sound Packaging

We use recyclable glass jars and BPA free non-intent design lids for our Coconut Oil. All other products in our range are packed in premium quality, food grade, recyclable packaging. Even our display trays are manufactured from recycled paper.

### ✓ Bottling and Packing Facilities

Our products are packed in British Retail Consortium (BRC) Grade A facilities. We are able to guarantee the integrity of our products.

### ✓ Available for Comment

We pride ourselves on being available to answer all and any questions that our stockists, followers and customers have through email, phone and on our social media:

E: [info@lucybee.com](mailto:info@lucybee.com)  
T: 01992 747 900

