

# Simple Syrup - Cinnamon

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*2 cinnamon sticks  
5 ounces sugar  
5 ounces water*

Place the cinnamon sticks, sugar and water into a small saucepan.

Bring to a boil over high heat. Reduce the heat to low. Simmer for a few minutes.

Remove from the heat. Cover and let stand for at least six hours.

Strain out the solids. Store, tightly sealed, in the refrigerator.

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Per Serving (excluding unknown items): 620 Calories; 1g Fat (1.2% calories from fat); 1g Protein; 163g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Fat; 9 1/2 Other Carbohydrates.