

Cinnamon Milk: A Cozy Hug in a Mug

Let me share exactly how I make this simple, cozy drink that feels like a warm hug every time.



TIME
5 min

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INGREDIENTS

2 cups milk (any kind - dairy, almond, oat, or soy all work)
1-2 teaspoons ground cinnamon (to taste)
1-2 tablespoons sugar (to taste)
1/2 teaspoon vanilla extract (optional)
A pinch of salt to enhance the flavors

DIRECTIONS

- 1.** Heat the Milk: Pour the milk into a small saucepan and place it over medium-low heat. Stir occasionally and warm the milk until it's hot but not boiling - you want it steaming and comforting.
- 2.** Add Cinnamon and Sugar: Once the milk is warm, sprinkle in the ground cinnamon and add the sugar. Stir thoroughly until both are fully dissolved. The cinnamon will swirl beautifully into the milk, giving it that golden, spiced color.
- 3.** Add Optional Flavor: If you want to take it up a notch, add vanilla extract and a pinch of salt. The vanilla adds extra depth, and the salt helps balance the sweetness. Stir until everything is smooth and well combined.
- 4.** Pour and Serve: Carefully pour the cinnamon milk into your favorite mug. I love using a big cozy mug that I can wrap both hands around.
- 5.** Enjoy the Moment: Take a slow sip and enjoy the warmth and comfort. Pair with a buttery cookie, a slice of banana bread, or simply savor it on its own.

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Original recipe: <https://chefmaniac.com/cinnamon-milk-a-cozy-hug-in-a-mug/>