

Kellogg's™

# CINNABON™

## Kellogg's® Cinnabon® Snack Bars Offer a Quick Indulgence to Escape the Daily Routine

The madness of consumers' busy days just got surprisingly more enjoyable. Thanks to new Kellogg's® Cinnabon® Snack Bars, the flavorful cinnamon filling and sweet frosting has been captured in a wholesome snack bar, giving consumers a small treat to relax and recharge during even the most hectic times.

Beyond just a snack to escape and hit the reset button, Kellogg's® Cinnabon® Snack Bars developed more than 60 "Cinnaminutes" – simple ways to relax and refresh in a short amount of time.

### Meet Stephanie Marston

Stephanie Marston, a life-balance expert and author, helped Kellogg's® Cinnabon® Snack Bars create 60 "Cinnaminutes" to help you relax

#### Stephanie's Bio

#### Stephanie's Cinnaminute tips:

1. Reflect on an enjoyable family memory.
2. Find at least five things to laugh about every day.
3. Smell something refreshing like lavender.
4. Sing aloud to your favorite song while driving.
5. Look up in the sky and find images in the clouds.

[See More Cinnaminutes](#)



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