

Cinnamon vs Cassia (vsdiff.com)

Feature	Ceylon (true) cinnamon	Cassia
Primary species	Cinnamomum verum (commonly from Sri Lanka)	Cinnamomum cassia / C. aromaticum and related spp. (Indonesia, Vietnam, China)
Bark appearance	<i>Thin, multi-layered quills</i> with a softer texture	<i>Thicker, single-piece quills</i> or rough sticks
Flavor	Delicate, sweet , citrusy notes	Stronger, warm , spicy and more astringent
Coumarin content	Generally <i>very low</i> (often undetectable)	Often <i>substantially higher</i> ; levels vary widely by batch
Typical uses	Fine baking, pastries, delicate dishes, high-end spice blends	Commercial baking, ground spice mixes, savory dishes, cinnamon sticks for stewing
Price & availability	Usually more expensive , less common	Widely available and less costly

Source: <https://vsdiff.com/cinnamon-vs-cassia/>