



NATURAL ROOIBOS ICED TEA

DIY:

Ingredients

- 1 litre of boiling water.
- 4 rooibos tea bags.
- 750 ml to 1 litre of freshly pressed apple juice (or Ceres, Pure Joy, Woolworths, Liqui Fruit apple juice, or Liqui Fruit Cranberry Cooler)
- Ice cubes
- A few slices of lemon, frozen blueberries, mint, or apple slices.

Directions

1. Add the rooibos teabags to the boiling water.
2. Allow it to cool down completely.
3. Mix the ingredients and serve.
4. Note: This is a treat; you should not drink more than 1 glass daily.
5. Dilute with more rooibos or ice if it is too sweet.
6. Enjoy!





QUICK AND EASY BREAKFAST MUFFINS

MAKES: 33 – 36 MUFFINS

Indulge in the perfect breakfast companion – a wholesome breakfast muffin bursting with flavor, warmth, and the promise of a great day ahead.

Ingredients

- 1 kg Snowflake Easy Mix bran muffin mix
- 5 ml of mixed spice (or 5 ml of cinnamon)
- 6 eggs
- 100 ml of oil
- 600 ml milk
- 4 large apples (depitted and grated)
- 1 large banana (mashed)
- 4 large carrots (grated) – about 2 cups of grated carrots
- Sunflower or pumpkin seeds or oats for topping (optional)

Directions

1. Mix eggs, milk, and oil.
2. Add muffin mix and spices. Mix well, but don't overmix.
3. Mix all the ingredients together.
4. Scoop the dough into muffin pans. (about 33–36 muffins) Sprinkle oats or seeds on top of the muffins.
5. Bake for 18 minutes at 180°C.
6. Let it cool down completely before taking it out of the muffin pans.
7. Enjoy it just as it is or with peanut butter.





BROWNIES FOR THE CROWDS

Ingredients

- 1 kg of chocolate muffin mix
- 5 ml (1 tsp) baking powder
- 6 eggs
- 200 ml sunflower oil
- 800 ml milk: Use coconut milk as a dairy-free option.
- 2 medium apples, peeled and grated
- 1-2 medium baby marrows (finely grated)—about 1 cup
- 1-2 carrots (grated)—about 1 cup
- 2 medium-ripe bananas (mashed)
- 6 blocks of white chocolate
- Fresh strawberries

Directions

1. Mix the muffin mix, baking powder, eggs, oil, and milk together.
2. Add the fresh produce to the chocolate mix.
3. Pour into a large square ovenpan (50x50 cm), or scoop out the dough into 12 standard muffin cases and the rest of the dough into a normal-size rectangle ovenpan.
4. Bake muffins at 180°C for 18 minutes and oven-pan brownies for 25–30 minutes.
5. Leave to cool. Cut brownies into squares (7 x 5 = 35 squares for a standard-size ovenpan or 7 x 7 = 49 squares for a big ovenpan).
6. Melt a few pieces of white chocolate (about 8), and drizzle brownies lightly with chocolate.
7. Serve with whole, fresh strawberries.