

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.

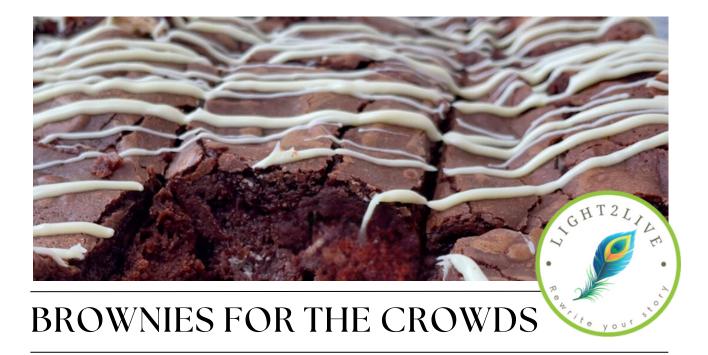
Ingredients

- 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.





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)—about1 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.