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WINTER WARMERS

June 2022 Newsletter

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It's getting a little chilly outside and we have a few ideas to keep you warm this winter. Drink lots of Rooibos Tea, our favourite is Laager Rooibos tea and we absolutely love the Citrus and Ginger flavour for the mornings.

Quick tip. Add a few slices of lemon, fresh ginger and sweeten with honey and you have the perfect morning immune booster.

For the evenings, we end of with the Chamomile and mint flavour, under the TV blanket getting warm before bed. This tea is our favourite because it was a calming element to it.

Also, what is winter without a few baked goods? We love baking!! Our tip is, add carrots to your cake and don't let anyone tell you you don't eat your vegetables.

Keep warm this winter.

With love, The Twinsxx

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