

# COZY JULY



[www.withlovefromthetwins.com](http://www.withlovefromthetwins.com)



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Happy July everyone. We are officially in the 2nd half of the year. We hope all your fluffy socks and blankets are out.

We are definitely staying cozy this July with drinks and food that warm our hearts... plus our hot water bottles that act as our portable heaters.

July can get a bit flu-ey, so to make sure we have healthy immune systems this season, we made you guys a delicious Rooibos immune booster. It's super delicious and sooooo easy to make. We know you'll love it. This is also the time for delicious soups and breads, so make sure to scroll down our recipes on our website for fun meal ideas.

It might be a bit chilly outside, but you can stay nice and warm inside.

May the rest of the year be the best of the year!

With Love, The Twins

## ROOIBOS IMMUNE BOOSTER

4 Citrus & Ginger Lager Rooibos Tea bags  
5 cm Ginger, roughly chopped  
Handful of Mint  
2 Lemons, cut into wedges  
1 birds eye Chilli  
Honey (to your taste)  
3 C water

Add all these ingredients in a tea pot and boil  
on the stove until the ingredients are well  
brewed  
Serve hot

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