

www.withlovefromthetwins.com



HELLO

DECEMBER

THE FINAL CHAPTER OF 2022.

It's a brand new month. The final chapter of 2022.

We can literally begin our countdown to 2023 now!

What a year it has been.

We hope that the rest of the year is the best part of your year.

May this last month be everything you hoped and prayed for.



There's so much to look forward to: The festive season, holidays, Christmas carols, travelling, family and friends, delicious food, time-off.....

We wish you nothing but the best.

End-year fatigue is here, and it can be so stressful trying to wrap things up for the year while preparing for the new year. This is your reminder to take care of yourself, take some time off if you can, relax, hydrate and get lots of sleep... oh, and treat yourself.

CRONUT FREAK SHAKE

Speaking of treating yourself, we have a decadent recipe from our 'Candy Buffet' chapter in our cookbook, #FoodStories.

The kids will love you for this one. Our CRONUT FREAK SHAKE is the ultimate cheat day dessert. It's fun to make and it's even better to eat. Just close your eyes, forget about the calories and live in the moment. You deserve it.

The recipe is on page 150 of our cookbook.
Enjoy!

Merry Everything.



FOOD STORIES

Our favourite recipes, with love from the twins

Tebo and Lebo Ndala



In Food Stories, Tebo and Lebo Ndala share quick and easy meals, while making you laugh. Join them as they go back to their roots with recipes for tripe, chakalaka and chicken feet and learn about their family feast called Seven Colour Sunday. See how they give an African twist to American dishes, like corn bread, corn dogs and corn burgers, tour to Thailand and enjoy coconut and pineapple fried rice with steamed chicken in banana leaves, experience traditional recipes with a twist when you sit down for spinach and agushi curry with baked jollof rice, and so many other recipes.

All With Love from the Twins.

You can buy the book on www.loot.co.za or any of these book stores:





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