

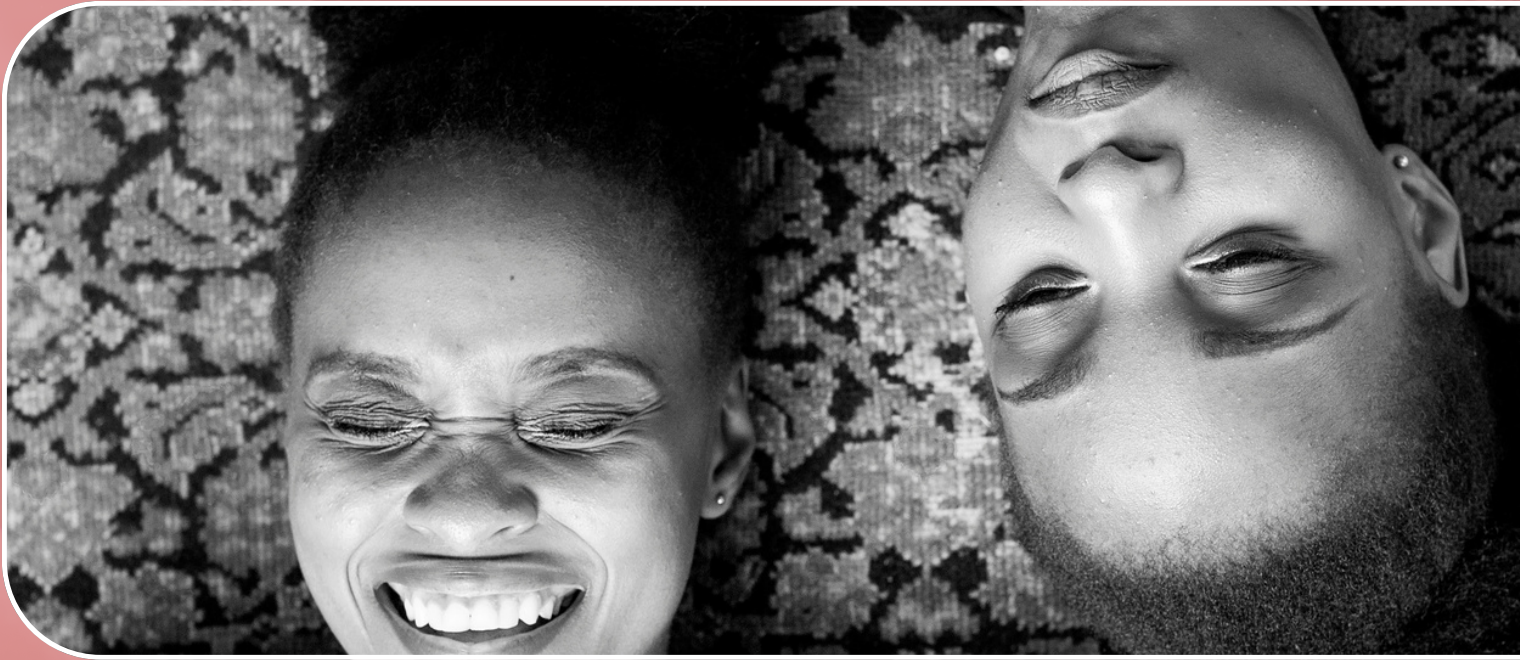
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A full-page photograph of two Black women standing outdoors on a concrete ledge against a weathered wall. Both women are wearing bright red, off-the-shoulder, long-sleeved dresses with flared cuffs. The woman on the left is smiling at the camera and wearing silver high-heeled sandals. The woman on the right is looking towards her sister, smiling, and wearing tan flat sandals. A large, glowing circular light fixture is visible on the wall to the left.

HELLO
MARCH

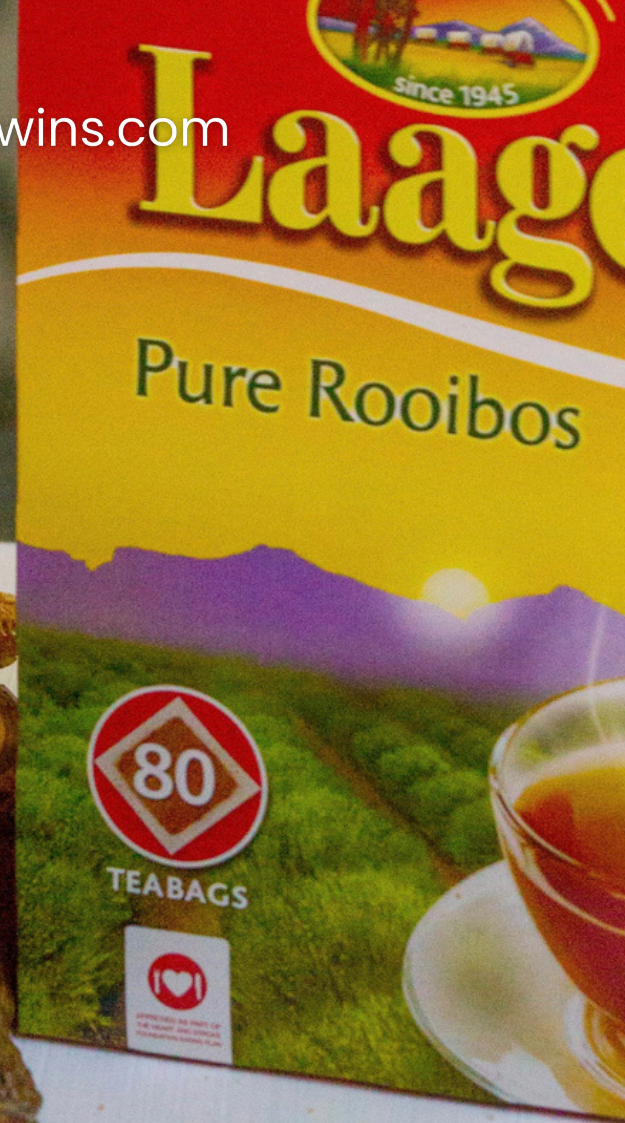
KISSES FROM MARCH

March is the 3rd month of 2023. Awaken your soul and remind you to celebrate the season with renewed hope and joy. This is the best time to adjust your yearly goals and vision, make realistic plans and just be amazing. It's time to revisit your plans, cut off toxic energy, and let go of limiting beliefs. This is going to be an incredible month. Declare it! We can just feel it in the crisp, cozy air.



We have some exciting content lined up for you guys this season, so if you don't follow us on instagram yet... what are you waiting for? Here is a delicious red pepper & rooibos dip recipe for all those hosting nights. You can freeze this dip and also use it as a base for your sauces, trust us, IT'S DELICIOUS!!!! We've tried it. Happy cooking. Enjoy everything. Life is precious.

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ROASTED RED PEPPER & ROOIBOS DIP

A vibrant photograph of a bowl of red pepper and rooibos dip. The dip is a thick, bright red sauce served in a light blue ceramic bowl. It is garnished with roasted nuts and pomegranate seeds. In the background, there is a loaf of golden-brown bread topped with sesame seeds, and a small salad of green lettuce and cherry tomatoes. The entire dish is presented on a rustic wooden surface.

ROASTED RED PEPPER & ROOIBOS DIP

INGREDIENTS

3 red peppers
2 garlic cloves
1 lemon
1/4 cup almonds, raw or toasted
1/2 cup walnuts, raw
1/4 tsp cumin powder
1 bag LaagerRooibos tea, loose leaves
2 tsp smoked paprika
1 tsp cayenne pepper
2 Tbls olive oil
Salt & pepper, to taste
Pomegranate rubies, to garnish

METHOD

1. Roast the red peppers and garlic in the oven for 25-30 minutes at 200 degrees C.
2. Once peppers and garlic are charred and cooked, leave to cool for 5 mins. In a pan, add in the loose rooibos tea leaves and cumin.
3. Roast for 2-3 mins until fragrant. Peel red peppers and de-seed.
4. Squeeze the garlic out of their skin. In a blender, add red peppers, garlic cloves, almonds and walnuts, cumin, rooibos, paprika, cayenne and olive oil.
5. Blend till smooth. Add lemon juice and season. Blend till all the flavours come together. Add more olive oil if too thick. Spoon the dip onto a bowl.
6. Garnish with roasted nuts and pomegranate rubies



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