

A photograph of two Black women standing in a lush garden. They are both wearing black short-sleeved shirts and purple headwraps with yellow and green patterns. The woman on the right is holding a woven basket filled with fresh vegetables, including leafy greens and orange carrots. The background is filled with various potted plants, including tall snake plants and hanging greenery. Other people are visible in the background, slightly out of focus.

# HAPPY MAY

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



A kitchen scene featuring a wooden cutting board with several lemons and lemon slices. In the foreground, there are two blue ceramic bowls. Behind them is a pink pitcher. To the right, a small potted plant is visible. The text "HAPPY MAY!" is overlaid in a large, white, serif font.

# HAPPY MAY!

May this new month be kind to you. May it bring life-changing, great news. May this month start on a great note and set a prosperous tone for the rest of the year. It's Mother's Day soon. Hope you have something special planned for all the mother figures in your life. We love and appreciate all the beautiful and courageous moms and mother figures out there. Let's take this whole month to celebrate moms and incredible women out there. They deserve all the love. Also, the weather is getting cozier by the day, so we have some cozy, yummy recipes coming your way. It's time for those fuzzy socks and water bottles. What a cute season this is. Hope it's filled with a lot of celebrations and hearty meals.

With love from us to you.





## CHILLI & ROOIBOS HONEY ROASTED BUTTERNUT





# INGREDIENTS

2 baby/ medium butternut,  
halved lengthways

$\frac{1}{2}$  tsp cayenne pepper

$\frac{1}{2}$  tsp chili pepper  $\frac{1}{2}$  tsp smoked  
paprika

2 Tbls olive oil Salt & pepper

2 Laager Pure Rooibos teabags

$\frac{1}{2}$  cup water

$\frac{3}{4}$  cup castor sugar

Fresh parsley, to garnish Lime  
wedges, to serve



# METHOD

1. To make Rooibos honey: in a saucepan, boil the teabags and sugar in water until all the sugar dissolves and the liquid is halved. Set aside to cool and slightly thicken. Discard teabags.
2. Pre-heat oven to 200°C.
3. Lay the halved butternuts on a prepared baking tray. Score the butternuts with a knife lengthways and sideways to make blocks (don't slice all the way through).
4. Drizzle olive oil onto the butternut. Season with the peppers and paprika and drizzle the Rooibos honey on top
5. Bake in the oven for 35-40 minutes / until cooked all the way through.
6. Garnish with parsley and lime and serve.



[info@withlovefromthetwins.com](mailto:info@withlovefromthetwins.com)



[instagram.com/withlovefromthetwins](https://www.instagram.com/withlovefromthetwins)



[twitter.com/Twinmade\\_Food](https://twitter.com/Twinmade_Food)



[facebook.com/withlovefromthetwins](https://www.facebook.com/withlovefromthetwins)

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