

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

Two identical Black women are standing side-by-side in a doorway, smiling warmly at the camera. They are both wearing light blue high-waisted jeans and black boots. The woman on the left is wearing a light blue ribbed sweater, and the woman on the right is wearing a light pink ribbed sweater. They are each holding a white coffee cup on a saucer. The doorway is framed by a dark wood archway with string lights hanging above them. The interior behind them has teal walls and a doorway leading to another room. The text 'HELLO JUNE' is overlaid in large, bold, white letters across the bottom half of the image.

HELLO  
JUNE



# WELCOME TO THE BEAUTIFUL MONTH OF JUNE



We've hit the half-way mark for 2023. THAT is something to celebrate. Woah! What a year it has been already. We are so excited and ready for the better half of this year. If you missed our exciting announcement on instagram, let us be the first to tell you that we are now qualified SPORTS NUTRITIONISTS .

We spent the past year studying Nutrition and Sports Nutrition and we DID IT!!!

We are so excited for this new journey. We are excited to merge our love of food and sport and create something magical. Hope this new season is filled with win after win. Let this new month be the beginning of something beautiful.

May every seed you've planted bloom like flowers. Make celebrating wins, big and small, a priority. This month we have something special for you, we visited our favourite restaurant in Pretoria and here's a little review:





afro boer  
Cheesy Muffin R15

afro boer  
Lemon Poppy Seed Muffin R15

afro boer  
Lemon Poppy Seed Muffin R15

afro boer  
Lemon Poppy Seed Muffin R15







# AFRO BOER

A beautiful restaurant and cafe located in the heart of Pretoria East. Family and kid friendly, it has a park and picnic spot where kids could run around while you enjoy your meal.

For all the "content creators", trust us when we say it is aesthetically pleasing, it's "instagram-esque". And the best part is...

the food is absolutely delicious, the cakes are freshly baked and the coffee is good. We normally go into the main restaurant but we enjoy the cafe as well. They have amazing sweet and savoury treats, lovely coffee and good tea and the service is fantastic as well. On a warm Day, you can sit outside and enjoy the garden but it's pretty cozy inside during colder days.

It's a 10/10 from us.

Go try the restaurant and cafe out and thank us later.

With love, The Twins xx





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



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**June 2023**