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HELLO  
AUGUST



# HELLO AUGUST

Welcome to the 8th month of the year. If August was a city, it would definitely be the windy city. So hold on tight to those hats and wigs, its about to get crazy. 😊

We are welcoming all the new-ness that this new season has to offer.

We are super excited ...(like every other month), because the possibilities remain endless, and that is always something to look forward to.

This month is also national Women's Month so please join us in celebrating all the incredible women in our world. To all the queens, matriarchs, amazing women out there, we honour you and we celebrate you.

This month, focus on being more intentional. Intentional about what you eat, intentional about your sleeping patterns, what you consume, who you engage with, the conversations you participate in and your attitude towards the month ahead...and life in general.

Somebody once said that: 'Actions build habits, habits build character and character creates a lifestyle. What are your actions saying about you?'

What you fill your life with, is what will flow out of it. Fill it with great ingredients, just like any delicious meal. Fill it with all the things that you give you joy and peace.

This month's recipe is a GIN & TEA.

Its floral, its sweet and just what we need to celebrate getting this far into the year.

Enjoy!





# GIN & TEA

## INGREDIENTS

1 cup Tonic water  
1/4 cup LaagerRooibos syrup  
(recipe below)  
2 shots floral gin (e.g pink/ blue  
gin)  
Edible flowers  
ROOIBOS SYRUP:  
2 cups strongly brewed  
Cranberry & Wild Cherry  
Rooibos tea  
1 cup sugar

## METHOD

- 1.To make syrup, combine tea and sugar in a saucepan and simmer over medium heat until liquid reduces to half and thickens.
2. Completely cool down the mixture and store in the fridge until ready to use.
3. To make cocktail, pour the tonic, syrup and gin into a glass, stir and garnish with flowers. Enjoy!



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