

HELLO DECEMBER



KE DEZEMBER BOSS 🥰🥰

Are your Christmas trees up yet? We hope the answer is YESSSSS!!!!!! We only have a few more weeks left of 2023. The countdown to 2024 can officially begin.

What are most looking forward to this December? We are looking forward to seeing our family and having some downtime. This season, more than ever, its super important to listen to our bodies, minds and souls need. If we're not mindful, we run the risk of burning out during a time that's meant to be a gift for refilling our cups.

In this season, we are grateful for the ability to try again. The opportunity to apply lessons learnt. Be with people we love. The capacity to give and receive love. The ability to envision a better future. The gift of intuition. Undeniable talent. Life. Family. And beautiful encounters.

This December, we hope the weather is always bright. The music is always soulful. The people around you are always cheerful. And your days are meaningful.

A special THANK YOU to everyone who's read every single newsletter this year. We do this for you. Thank you for all the love and support. We wish we could hug each and every one of you. Here's to a prosperous and incredible New Year. We love you guys. Don't stop celebrating yourselves. God bless each and every one of us. Here's a delicious festive recipe we know you'll love making and eating. 🥰



**PAVLOVA
WREATH WITH
TETLEY EARL
GREY CREAM**



PAVLOVA WREATH WITH TETLEY EARL GREY CREAM

INGREDIENTS

4 Large egg whites
1 1/4 cups white sugar
2 tsp cornstarch
1 tsp vanilla extract
1 tsp lemon juice
2 cups heavy cream
2 Tbls Tetley Earl Grey tea
syrup
Fresh mixed berries
1/2 cup icing sugar
Mint to garnish

METHOD

TETLEY EARL GREY SIMPLE SYRUP:

1. In a saucepan, add 4 Tetley earl grey teabags, 2 cups of water, and 1 cup white granulated sugar.
2. Bring to a boil and simmer until the liquid reduces to half and becomes slightly thick. Allow to cool at room temperature and store in the fridge until ready to use.

METHOD

TETLEY EARL GREY SIMPLE SYRUP:

METHOD:

1. Preheat oven to 180 degrees C.
2. Line a baking sheet with baking paper. Draw a big circle on the paper.
3. In a large bowl, beat the egg whites until stiff, gradually add sugar until mixture is thick and glossy. Gently fold in the cornstarch, vanilla and lemon juice.
4. Spoon mixture inside the circle and spread evenly. Bake in preheated oven until meringue is dry and sounds hollow when tapped, about 1 hour. Cool on a wire rack.
5. In a medium bowl, beat the heavy cream until stiff peaks form, fold in the tetley tea syrup.
6. Spoon cream over the meringue, lay the berries onto of the cream, sift a bit of icing sugar on top.
7. Garnish with mint leaves.
8. Enjoy.

Merry Christmas..





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