



# THE FIRST OF MANY MONTHS

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- 2024 -



## It's 2024!!!!

Are you excited? Because we are, we love new beginnings. People are calling 2024, "2020-MORE" or "2024-ME". What other names have you heard?

Is this your year? Or are you going with the flow?

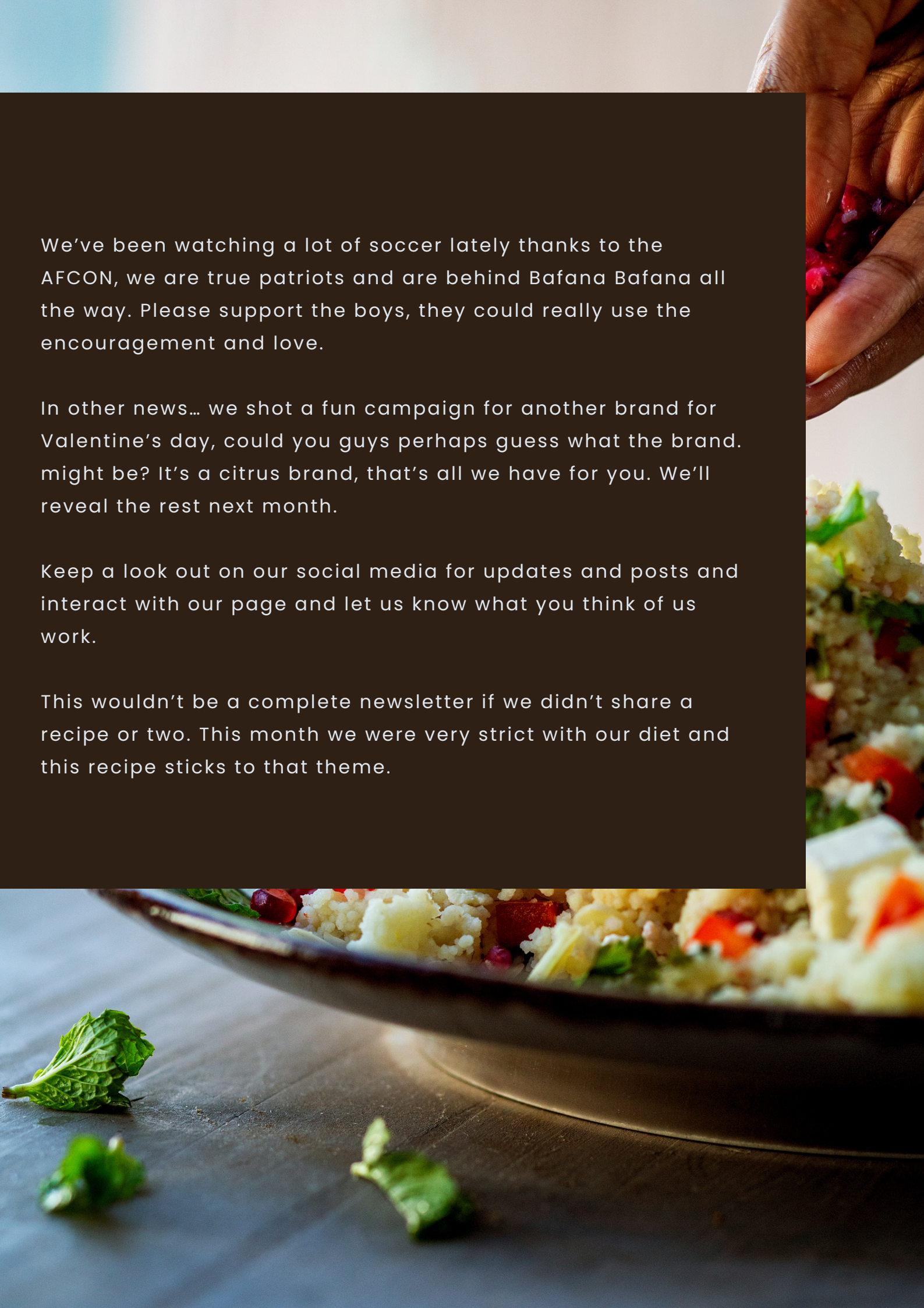
We had a great start to the year, very productive and lots of recipe developing and testing. January is a creative month for us, we spend a lot of time researching new ideas to set us up for the year.

We are happy to still be partners with Laager Rooibos. It's such a fun brand to work with, we honestly see tea differently, we get to appreciate it as an ingredient and not just a teabag. We can't wait to shoot and share more ideas with you.

This month we also went on a no sugar, no meat and no coffee fast. It was tough... to say the least but it's absolutely worth it. Food wise, it allowed us to rethink the way we eat vegetables and grains and make it tasty and enjoyable at the same time. We saved a lot of money, we drank a lot of Tea and we had more energy for our workouts. It was refreshing but we can't wait to have warm and icy coffees.

We had the honour of being featured on Sowetan Live Magazine, we spoke about our new journey of being sports nutritionists and we gave some really good ideas on what to pack for your kid's lunchboxes since it's back to school time. It was a beautiful article and you should go have a read online if you haven't already.



A composite image featuring a hand holding raspberries in the top right corner and a bowl of quinoa salad with vegetables in the bottom right corner. The background is a dark, semi-transparent overlay containing text.

We've been watching a lot of soccer lately thanks to the AFCON, we are true patriots and are behind Bafana Bafana all the way. Please support the boys, they could really use the encouragement and love.

In other news... we shot a fun campaign for another brand for Valentine's day, could you guys perhaps guess what the brand might be? It's a citrus brand, that's all we have for you. We'll reveal the rest next month.

Keep a look out on our social media for updates and posts and interact with our page and let us know what you think of us work.

This wouldn't be a complete newsletter if we didn't share a recipe or two. This month we were very strict with our diet and this recipe sticks to that theme.



# COUSCOUS, FETA & POMEGRANATE SALAD







# COUSCOUS, FETA & POMEGRANATE SALAD

## INGREDIENTS

250g Cous cous  
2 cups Vegetable stock  
1 Green pepper, deseeded and diced  
150g Feta cheese, cubed  
100g Pomegranate rubies  
Handful mint, chopped  
Handful coriander, chopped  
50g Pepperdews,  
100g Flaked Almonds, toasted

## METHOD

1. Place the cous cous in a glass bowl, and pour the boiling stock over.
2. Cover with cling wrap and leave it for 7-10 mins until all the liquid is absorbed.
3. Fluff the cous cous with a fork to separate the grains.
4. Leave to cool completely.
5. Add the rest of the ingredients and toss together.
6. Serve cold.

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**January 2024**