

A photograph of two young Black women sitting outdoors in a lush garden. They are both smiling and looking towards the camera. The woman on the left is wearing a pink floral top, and the woman on the right is wearing a white lace top. They are sitting at a small wooden table with a red teapot, sugar, and cream. The background is filled with green foliage and trees.

THE MONTH OF LOVE

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February - 2024 -

The Month of Love!!!

How did you celebrate this beautiful month of love?

We went on a cute sister date with ClemenGold, have you seen the cute reel on our Instagram? If you haven't, go have a look. The month of love is not only reserved for romantic couples but for siblings and friends as well. So we hope you celebrated either way.

We did some travelling this month, went to Durban to shoot our Laager Rooibos 2024 campaign. We can't wait for you to see the content and recipes for the year, we don't mean to toot our own horns but... TOOT TOOT!! It's really fun for us to play around and develop amazing recipes using Rooibos tea and its been about 6 years now, we might just be professionals.

Let's chat a little bit about the AFCON, did you all see what our Goal keeper, Ronwen Williams did at the Cape Verde game? Man, we are definitely in SAFE HANDS!! We are so proud of our national team for placing third and bringing home bronze medals.

With that being said, it was a beautiful and fun month. We did a lot of cooking, a lot of working out, hung out with some friends, took plenty walks on the beach. If that's not perfect, we don't know what is.

It wouldn't be a monthly newsletter without a recipe, so try this lovely Blueberry No-Churn ice cream. It's so easy, try it and let us know what you think.

BLUEBERRY NO-CURN ICE CREAM





BLUEBERRY NO-CURN ICE CREAM

INGREDIENTS

1 1/2 cups blueberries Zest and
juice of 1 lemon 1/2 cup castor
sugar
1 tsp salt
1 cup sour cream
1 cup cream cheese
1 cup heavy cream

METHOD

1. Combine the blueberries, lime juice, zest, sugar and salt in a saucepan over medium heat.
2. Crush the blueberries with a fork. Simmer the mixture and stir until thick and syrupy.
3. Remove from the heat, transfer to a food processor and cool completely.
4. When the mixture is cooled, add the sour cream and cream cheese and blitz until smooth.
5. Whip the heavy cream until you have soft peaks. Gently fold into the berry mixture, keeping in the air. Transfer the mixture to a sealable container. Freeze for a minimum of 4 hours before serving. Serve with fresh blueberries.



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