



# HELLO MARCH

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March - 2024 -





Hello, beautiful people,

Welcome to the March edition of our newsletter. It's still very hot but we are so glad that autumn is coming and it's gonna start to cool down soon. We are excited to share some updates with you, from launching our 2024 Lager Rooibos campaign to promoting wellness through fitness and nutrition. There is so much to explore and embrace.

### **Lager Rooibos campaign 2024:**

We are so thrilled that we kicked off our Lager Rooibos campaign this month. Lager Rooibos is renowned for its rich flavour and abundant health benefits, Rooibos is a staple in most households. We'll take you on another culinary journey as we introduce new recipes and methods that will blow your mind.

Keep an eye on our social media platforms for updates and exclusive recipes. As we prioritise health and wellness, we're encouraging everyone to embrace fitness in your daily routine. Whether it's a brisk walk, yoga or a dance class, find activities that bring you joy and vitality. Remember, staying active not only boosts physical health but also enhances mental clarity and overall happiness.

With that being said, our recipe for the month is Lager Rooibos crumpets. They are so easy to make. Enjoy!!

# LAAGER ROOIBOS CRUMPETS

## INGREDIENTS

1 cup self-raising flour  
1 tsp vanilla essence  
2 Eggs  
1/2 cup Rooibos flavoured milk  
(bring milk and two Lager  
Pure Rooibos teabags to a  
simmer for 5 mins then cool  
before use)  
1/4 cup castor sugar  
Pinch of salt

## METHOD

1. Heat a non-stick pan to medium heat
2. In a mixing bowl, mix egg, castor sugar and vanilla essence
3. Stir in flour and salt. Add milk and combine until it's a smooth batter
4. Use large spoon to spoon on the pan (your preferred size)
5. Cook for 2-3 mins on each side. Turn when you notice bubbles on one side
6. Enjoy warm with butter and jam



# LAAGER ROOIBOS CRUMPETS



We think March is taking the gold medal for being the best month of the year so far, we've had so many holidays we've lost track.

We hope you rested a lot and took a whole bunch of naps. And for those who believe, we hope you had a beautiful and blessed Easter filled with hot cross buns and Easter eggs. Sending you all our love,  
The Twins xx





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