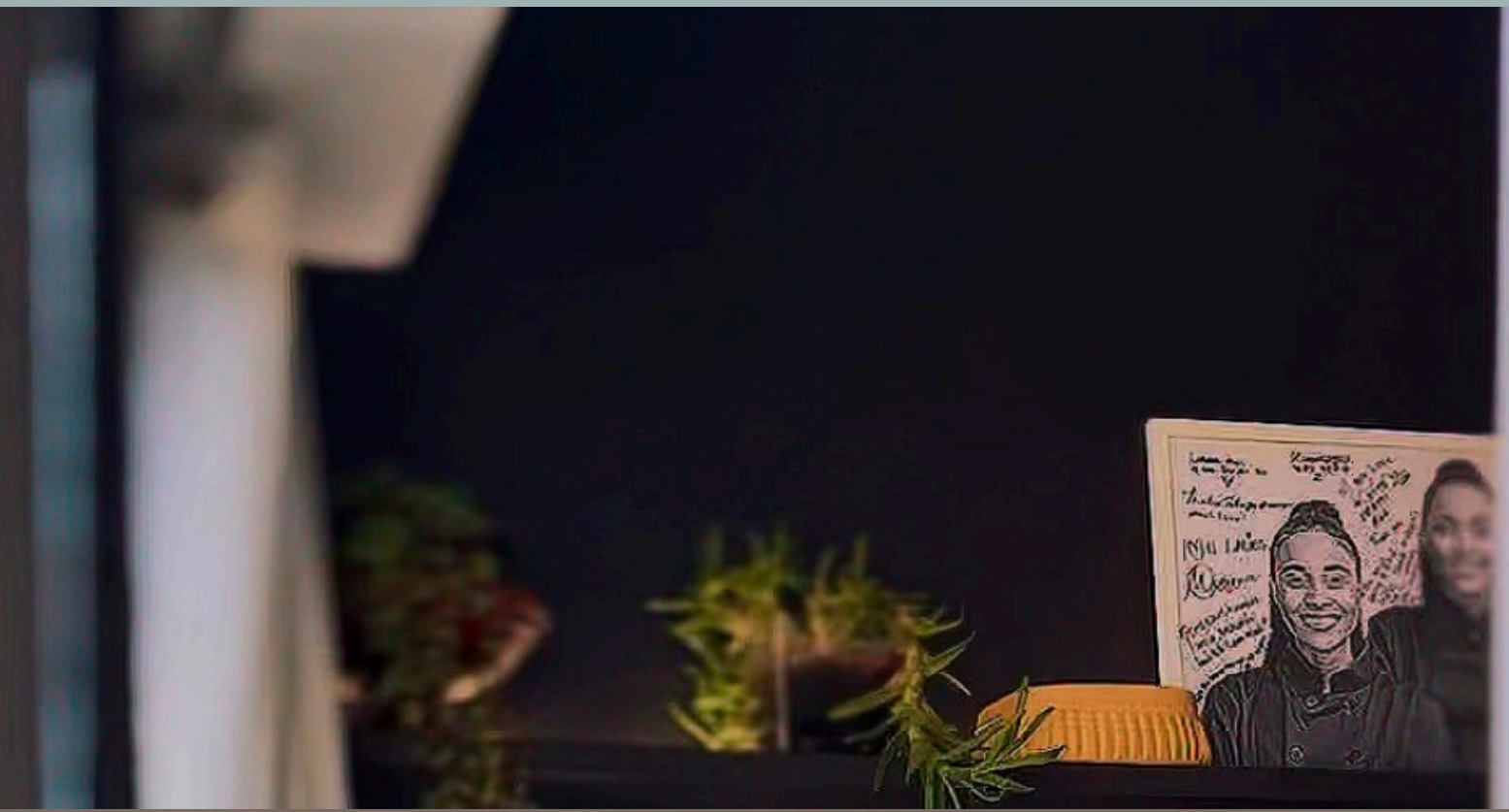




MAY 2026 SHOOT DAYS, GOOD COFFEE & THE MIRACLE MONTH OF MAY





May has been one of our busiest months so far, this year. Busy in a good way. We are busy with an exciting shoot, that we will share about in due time. Huge respect to people who do this for a living. We have never worked so hard in our lives. This season stretched us mentally, emotionally and physically. But we are so grateful for the opportunity and we can't wait to share this project with you.

The weather has been so unpredictable lately, super warm days and super cold days. When we weren't working, we stayed indoors a lot and watched movies and cooked as much as we can. Staying hydrated can get super tricky, especially on colder days, because you feel less thirsty in cold weather, but your body still needs water for energy, skin, digestion, immunity, and even staying warm.

We always make sure to have lots of tea with lemon and ginger, other ways to stay hydrated is to eat water-rich food: such as, soups and stews, oats with milk, yogurt, pears, cucumber, etc. Keep water visible. Make sure your water bottle is always near by so that you actually remember to drink water.

Don't wait until you're thirsty.

We've also been enjoying lots of cups of coffee, courtesy to long work days. But its so important to alternate your coffee intake with tea and water to avoid dehydration. Winter hydration is really about consistency more than volume, small warm drinks throughout the day help a lot. Speaking of drinking tea, we have 2 beautiful refreshing iced tea recipes we developed for Lager rooibos, they are perfect for those surprise warm days.

In the meantime, we have a plethora of cozy recipes on our website, for your scrolling pleasure. May has been filled with so many little miracles, and we are so grateful to God for all of them. As we wrap up the first month of the second quarter, we can't wait to see what the rest of this year has to offer.

A few more weeks, and we'll be in the thick of winter. We already have our hot water bottles and cozy socks ready. Winter will not catch us slipping.

Here's to staying warm and cozy.

Stay hydrated and take care of yourselves.





Passion fruit Mojito Rooibos Mocktail:

Ingredients

- 1 can passion fruit pulp
- 1/2 Cup white sugar
- 1/2tsp ginger powder
- 1 cup strongly brewed Lager Citrus & Ginger Green Rooibos Tea, Cooled
- 2 cups Soda Water
- Ice
- Mint leaves to garnish

Method

1. Combine sugar, passion fruit purée, ginger powder and mix well.
2. Stir in the tea and mix. In a glass of ice, add mixture and top with soda.
3. Garnish with mint and serve cold.



Spiced Orange Rooibos fizz:

Ingredients

- 1/2 Cup strongly brewed Laager Citrus & Ginger Green Rooibos Tea, Cooled
- 1/2 Cup orange juice
- 1/4tsp ground clove
- 1/4tsp ground cinnamon
- Orange slices for garnish
- 1 Cup tonic Water
- Ice

Method

2. Stir together the tea, juice and spices.
3. Add ice and top with Tonic water.
4. Garnish and serve cold.



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