

Thirsty?

PROMOTION

Rooibos drinkers will know that this tea is probably one of the most refreshing beverages you can treat yourself to. Others would say the same about ginger ale. Put the two together and you have the ultimate fresh, thirst-quenching summer drink.

Revitalise yourself with a Rooibos And Ginger thirst-quencher

Food Writer Carmen
Niehaus suggests the
following recipe:

Ingredients:
80g fresh ginger, grated
rind and juice of 4 lemons
80-100ml brown sugar
250ml strong Rooibos
tea (3 bags)
ginger ale or sparkling
water, chilled
mint leaves

Directions:
Mix together ginger, lemon
juice and rind, and Rooibos
tea in a glass bowl. Leave in
the fridge overnight. Drain,
add ginger ale or sparkling
water just before serving.
Decorate with mint leaves.
Makes about 2 litres. [e]

Try this recipe next time you have
friends over and smile in the
knowledge you are not only
treating them to a delicious
summer drink, you are also
helping them benefit from the
goodness of Rooibos.

**Make every day a healthy
Rooibos day**

For more information about the benefits of Rooibos and tips
for using Rooibos in the kitchen, visit www.sarooibos.org.za.

**Rooibos**
for Life