

# O Nyorilwe?

Ba nwang Rooibos ba tseba hantle hore ke seno se monate seo o ka iphahamelang ka sona. Ba bang ba re seo ba se fumana ho ginger ale. Ha o di kopantse, o tla nyoroloha ha monate ka seno sa lehlabula se foreshe.

## Inyorolle ka Rooibos le Ginger

Sengodi sa dijo Carmen Niehaus o re file resepe ena e latelang:

### Metswako:

80g ginger e foreshe e kereitilweng  
Makgapetla le lero la disirilamunu tse 4  
80-100ml tswekere e sootho  
250ml tee ya Rooibos e loileng e entsweng ka mekotla e 3  
Ginger ale kapa sparkling water, a batang sa leqhwa Makgapetla a mint

### Ditaelo:

Kopanya ginger, lero le makgapetla a sirilamunu mmoho le tee ya Rooibos ka sejaneng mme o di robotse ka sehatsetsing.  
E minyolose mme o tshole ginger ale kapa sparkling water pele o e fepela. Kgabisa ka makgapetla a mint. E etsa diitara tse 2.

Leka resepe ena mohla metswalle ya hao e o etelang hape mme o tla ba motlotlo, o tseba hantle hore o ba nyorolla ka seno se monate sa lehlabula, o tla boela o ba thusa hore ba kgole molemo wa Rooibos.[s]

**Etsa letsatsi ka leng e be la bophelo bo botle ka Rooibos**

Ditlhalosetso tse ding ka melemo ya Rooibos le dikeletso tsa Rooibos kitjheneng ya hao, bala: [www.sarooibos.org.za](http://www.sarooibos.org.za).

 **Rooibos**  
for Life