

Unxaniwe?

Abathandi beRooibos bayazi ukuba le iti isesona siselo esinika udlamko ongasisela. Abanye abantu bathi injalo neginger ale. Kodwa xa sele zidibene zombini ezi ziselo, ufumana isiselo esimnandi sehlobo, esiphelisa unxano.

Zivuselele ngesiselo seRooibos neGinger esiphelisa unxano

UCarmen Niehaus
obhala ngokutya
ucebisa le resiphi ilandelayo:

Izithako:

80g yefresh ginger, igreyithwe
Ixolo nejusi yeelamuni ezi-4
80-100ml yebrown sugar
250ml yeRooibos tea engqongqo
(3 iibhegi zeti)
IGinger ale okanye amanzi
ahlwahlwazayo, abandayo
liMint leaves

Indlela yokuyenza:

Xubela ijinja, ijusi
nexolo lelamuni kunye
neRooibos tea kwisitya seglasi
usibeke efrijini ubusuku bonke.
Yihluze ugalele iginger ale
okanye amanzi ahlwahlwazayo phambi
kokuyipha abantu. Hombisa ngeemint
leaves. Yenz' iilitha ezi-2.

Linga le resiphi xa ufikelwe
ngabahlobo kwaye uyenze
ngoncumo kuba usazi ukuba
awubaniki siselo sehlobo
esimnandi nje kuphela koko
ubangcamlisa kubuncwane
beRooibos.[x]

**Yenza zonk' iintsuku zibe sempil-
weni ngeRooibos**

Xa ufuna ulwazi ngokufumaneka kwiRooibos neengcebiso
zokusebenzisa iRooibos, vula ku- www.sarooibos.org.za.