

# Womile?

Abaphuzi be-Rooibos bazokwazi ukuthi leli tiye lingelinye lalawa ahamba phambili ekuqedeni ukoma ongaliphuza. Mhlawumbe nabanye bangasho okufanayo nge-ginger ale. Uma ukuhlanganisa kokubili, uthola ukuphola okumangalisayo nokuyisiphuzo esizoyizayo esiqeda ukuma kwasehlobo.

## Ziqabule nge-Rooibos ne-Ginger iziphuzo eziqeda ukoma

OnguMbhali wezokudla  
uCarmencobelela ngalawa  
maresiphi alandelayo:

### Izithako:

80g amakhasi nojusi wolamula  
abane  
80-100ml ushukela onsundu  
250ml i-Rooibos eshubile  
litye (ama-teabags amathathu)  
I-Ginger ale noma i-sparkling  
water ebandayo  
I-Mint leaves

### Indlela yokwenza:

Hlanganisa i-ginger, ujusi  
namakhasi kalamula netiye  
le-Rooibos endishini yengilazi  
bese ukulalisa efrijini ukuze  
kuqine. Kukhame bese ufaka  
i-ginger ale noma i-sparkling water  
ngaphambi kokukuseva. Kuhlobise  
ngokukufaka ama-mint leaves.  
Kuphuma amalitha amabili

Zama le resiphi ngokuzayo uma  
uvakashelwe abangani bakho  
ubazwise isiphuzo sasehlobo  
esiqabulayo nesimnandi futhi  
bazi kabanzi nge-Rooibos.[z]

Yenza zonke izinsuku kube  
yizinsuku zokuziphilisa nge-Rooibos

ngolunye ulwazi nangezinto ongazithola kwi-Rooibos nangezeluleko  
zokuyisebenzisa, vakashela ku- [www.sarooibos.org.za](http://www.sarooibos.org.za).

  
South African Rooibos Council