

B-well™

SIZZLING SUMMER



SUMMER RECIPE E-BOOK

ADD SOME ZING
TO YOUR
SUMMER FLING

B-wellTM

**For more summer inspiration
and info visit
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OLIVE OIL BREAD

Homemade Olive Oil Bread

Preparation Time
10 minutes

Rest & Cook
3 hours 15 mins

Serving Size
2 loaves



Ingredients

3 cups lukewarm water
1½ Tbsp instant yeast
1½ Tbsp salt
1 Tbsp sugar
¼ cup **B-well Extra Virgin Olive Oil**
6 cups all-purpose flour

Method

1. Mix the yeast, salt, sugar, and **B-well Extra Virgin Olive Oil** together with the warm water in a large mixing bowl.
2. Using a wooden spoon, mix in the flour until all ingredients are combined.
3. Cover and allow to rise for 2 hours (It will rise and then collapse, and the dough will be soft and sticky).
4. Preheat your oven to 230°C and dust a baking tray with flour.
5. Uncover the dough and dust with flour before gently removing from the bowl.
6. Break the dough in half and shape 2 oval shaped balls of dough, place them on the floured baking tray and allow to rest for 45 minutes.
7. Place a shallow dish of hot water on the bottom rack of your oven.
8. Dust the top of each loaf with flour and using a sharp knife, cut long shallow slits into the top.
9. Bake for 30 minutes or until golden brown, firm to the touch, and sounding hollow when you tap the bottom of the loaves.
10. Remove from the oven and allow to cool before serving.



ROOSTERKOEK

TRADITIONAL ROOSTERKOEK

Preparation Time
10 minutes

Rest & Cook
1 hour 15 mins

Serving Size
10-12 buns

Ingredients

4 cups all-purpose flour
1 packet instant yeast
½ tsp salt
1¾ cups lukewarm water

Method

1. Add the flour, yeast and salt to a mixing bowl, then add the water.
2. Mix until everything is combined and the dough starts coming together, then use your hands to finish bringing the dough together in a smooth ball.
3. Cover the dough in the bowl with cling wrap and leave the dough to rise for 1 hour.
4. Sprinkle some flour onto a work surface, remove the cling wrap from the dough and place the dough onto the floured work surface.
5. Add more on top of the dough and spread the dough out before cutting into 10-12 roosterkoek portions.
6. Dust a baking tray with flour and place the roosterkoek portions on the tray for transporting to your braai.
7. Arrange the roosterkoek straight onto braai grid and braai for 15 minutes over hot coals, turning a few times until they are done, and browned in places.
8. Serve while warm.

HOW TO CREATE A MEMORABLE CHEESE BOARD

MAKE ME WITH



To create a memorable artisanal bread and cheese board that pairs beautifully with **B-well Extra Virgin Olive Oil**, start by selecting a variety of cheeses with contrasting textures and flavours—a creamy brie or camembert, a sharp aged cheddar, or a tangy blue cheese. These cheeses bring richness and depth, enhancing the smooth, slightly peppery profile of the olive oil.

For cold meat cuts, choose high-quality options like thinly sliced prosciutto or a delicate salami, which provides savory notes without overpowering the olive oil's natural taste.

This combination of cheeses and meats, alongside a range of artisanal breads allows each bite to be both satisfying and balanced when paired with **B-well Extra Virgin Olive Oil**. Our small plates are the perfect accompaniment to this cheese board.

ALWAYS BEST SERVED ON





CARING FOR YOUR BUTCHERS BLOCK

To keep your **My Butchers Block** in prime condition, regular oiling with **My Butchers Block Woodcare Oil, Conditioner & Beeswax** every week is key to maintaining its colour and protecting it against stains.

Gentle cleaning is essential; wash it with our **Woodcare Disinfectant Wash and Spray** with warm water, then dry it immediately.

Keep your board away from direct sunlight and hot, dry spaces to prevent cracks, as wood thrives with a bit of moisture but not extremes.

If your board picks up strong smells from foods like garlic or onions, sprinkle coarse salt over it, give it a gentle scrub, and rinse to keep it fresh.

Lastly, stick to our **Woodcare Oils & Conditioners** (not olive oil or sunflower oil) to ensure your block remains safe for all your culinary creations. With these simple steps, your **My Butchers Block** will stay as beautiful as the day you got it, ready for every chop, slice, and serve!

South Africans love My Butchers Block

because it was born from real, personal needs—and it transformed the cutting board from a hidden kitchen tool into a stunning showpiece. Before My Butchers Block, cutting boards were tucked away, but now, they're proudly displayed, adding warmth and beauty to every space.

My Butchers Block boards aren't just for chopping; they're made for moments. Whether you're building a cheese and meat board when friends come over, serving tea and rusks to your husband in bed and for those iconic South African braais, it's where all the juicy meat lands, ready to serve guests in style.

And when you need the perfect housewarming, wedding, anniversary or birthday gift, nothing beats a thick, quality, handcrafted board that will last a lifetime. Each piece designed by Lee, is crafted from essential, everyday needs that bring style, quality, and heart to your home.

MAKE ME WITH



TZATZIKI

GREEK-STYLE TZATZIKI DIP

Preparation Time
10 minutes

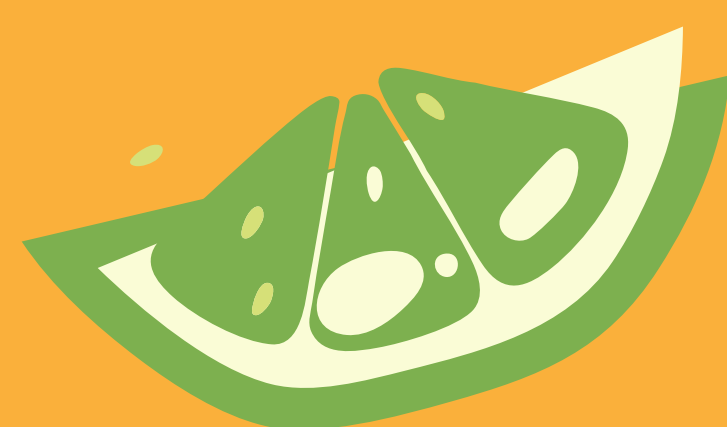
Serving Size
2 cups

Ingredients

1 long cucumber, grated
 $\frac{3}{4}$ cup **B-well Thick & Creamy Mayonnaise**
 $\frac{3}{4}$ cup plain Greek yoghurt
 2 Tbsp **B-well Extra Virgin Olive Oil**
 2 Tbsp fresh mint, chopped
 1 Tbsp lemon juice
 1 clove garlic, minced
 $\frac{1}{2}$ tsp salt

Method

1. Lightly squeeze the grated cucumber between your palms over a sink to remove excess moisture.
2. Transfer the squeezed cucumber to a serving bowl.
3. Add the **B-well Thick & Creamy Mayonnaise**, yoghurt, **B-well Extra Virgin Olive Oil**, mint, lemon juice, garlic, and salt to the bowl, and stir to blend.
4. Let the mixture rest for 5 minutes to allow the flavours to meld.
5. Taste and add additional mint, lemon juice, and/or salt if needed.
6. Serve immediately or chill for later.



Tip: Leftover dip keeps well in a sealed container in the fridge for about 4 days

MAKE ME WITH



MARINATED OLIVES

HERBY MARINATED OLIVES

Preparation Time
10 minutes

Cooking Time
20-25 minutes

Serving Size
4-6

Ingredients

200g pitted
Kalamata olives

200g pitted
green olives

½ cup **B-well Extra
Virgin Olive Oil**

Zest of 1 lemon

1 tsp chilli flakes

2 sprigs of fresh
rosemary, finely
chopped

2 sprigs of fresh thyme,
leaves picked

4 garlic cloves, minced

Method

1. Drain your olives and add them to a bowl.
2. Mix the **B-well Extra Virgin Olive Oil**, lemon zest, chilli flakes, garlic, rosemary and thyme together in a separate bowl.
3. Pour the marinade over the olives and mix until all the olives are coated.
4. Cover and set aside at room temperature for up to 30 minutes before serving.



Tip: Store leftovers in a glass jar and keep them in the fridge for up to 2 weeks

MAKE ME WITH



VEGGIE PICKLES

QUICK VEGGIE PICKLES

Preparation Time
20 minutes

Fridge Time
8-12 hours

Serving Size
500g

Ingredients

Mini cucumbers
Cooked beets
Heirloom carrots
Radishes
Red onion
Cauliflower florets
Mini mielies
1 Tbsp coriander seeds
2 tsp fennel seeds
1 tsp mustard seeds
6 garlic-cloves, thinly sliced
Few sprigs of fresh dill
½ tsp chilli flakes (optional)
4-6 whole peppercorns
2 cups white vinegar
2 cups water
1 Tbsp salt
3 Tbsp sugar
1 Tbsp **B-well Extra Virgin Olive Oil** to drizzle when serving

Method

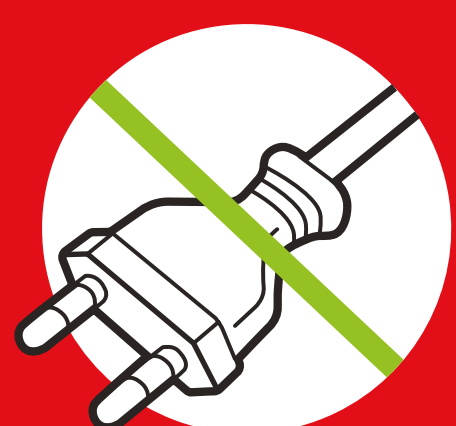
1. Prep your veggies by slicing, quartering, cutting into sticks or rings or leaving veggies, such as cauliflower florets, whole.
2. Add them all to a bowl and toss to combine, then fill a large glass jar with the veggies.
3. Add the coriander seeds, fennel seeds, mustard seeds and garlic to the jar of veggies.
4. Bring the water, vinegar, salt and sugar to a boil in a small pot.
5. Carefully pour the hot liquid into the jars, making sure all the veggies are covered (you can press them down using the end of a wooden spoon).
6. Allow the jar to sit open at room temperature until completely cooled.
7. Once cooled, cover and place in the fridge for 8-12 hours before serving.
8. Serve cold in a bowl with a generous drizzle of **B-well Extra Virgin Olive Oil**.

Tip: These keep well in the fridge for up to 2 weeks.



SIMPLIFY YOUR LIFE WITH THE RUSSELL HOBBS CORDLESS RANGE

The Russell Hobbs Cordless Rechargeable Stick Blender



Cordless Operation



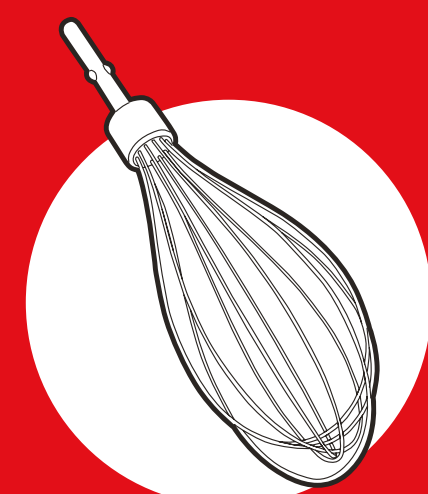
Long-lasting lithium-ion battery (27 mins)



Save energy with USB-C Recharge



Durable stainless-steel shaft and blade



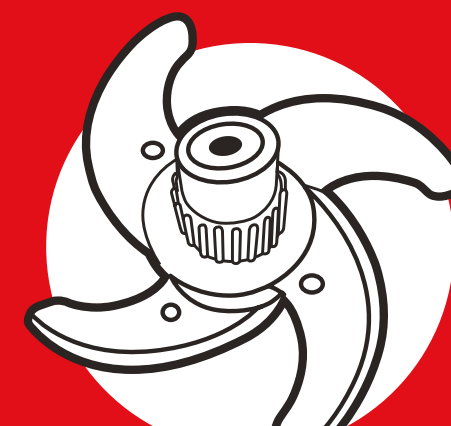
Versatile stainless-steel whisk



500ml chopper bowl
Handy 700ml Beaker

Perfect for blending, whipping and everything in between.

The Russell Hobbs Cordless Rechargeable Midi Chopper



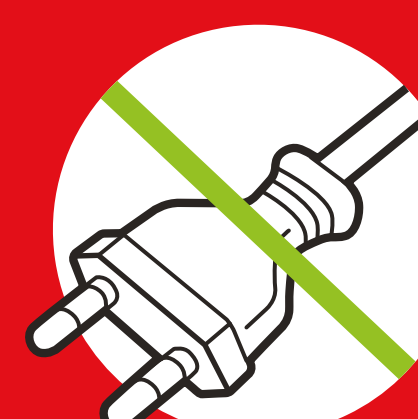
4 x Stainless-steel chopper blades



Dual speed control



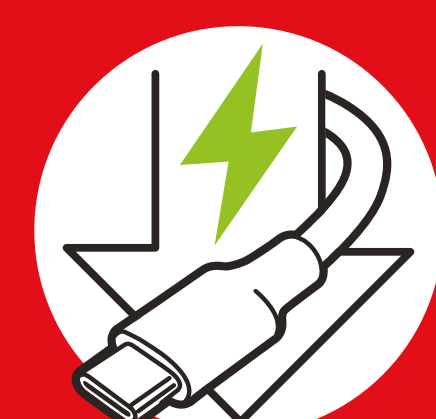
1L Glass bowl



Cordless Operation



Long-lasting lithium-ion battery (35 - 70 mins)



Save energy with USB-C Recharge

Perfect for making dips and sauces and chopping all your favourite veggies.



QUINOA SALAD

Ingredients

Salad:

2 cups Quinoa, cooked
 2 tsp **B-well Extra Virgin Olive Oil**
 1 bunch spring onions, chopped
 1/3 cup toasted, chopped pistachios
 1/2 cup chopped parsley
 1/2 cup pomegranate rubies or dried cranberries
 Fior di latte mozzarella cheese
 Rocket leaves
 1/3 cup fresh mint leaves
 1/4 cup pumpkin seeds
 Salt and freshly ground black pepper to season

QUINOA, PISTACHIO & POMEGRANATE SALAD

Preparation Time
 20 minutes

Serving Size
 1 x large salad

Dressing:

2 Tbsps **B-well Extra Virgin Olive Oil**
 2 Tbsps white wine vinegar
 1 Tbsp fresh orange juice, plus 1 tsp zest
 1 Tbsp fresh lemon juice
 1/2 tsp maple syrup
 1/2 tsp ground cumin
 1/2 tsp ground coriander
 1/4 tsp cinnamon
 1/2 tsp salt
 Pinch of ground black pepper

Method

1. Simply toss all the salad ingredients together in a bowl.
2. Add all the dressing ingredients into a bowl and whisk together, drizzle over the salad, and toss to combine.

and voilà!

MAKE ME WITH



GREEN PEAS SALAD

GREEN PEAS SALAD WITH HERBED MAYO

Preparation Time
15 minutes

Cook Time
5 minutes

Serving Size
1 salad



MAKE ME WITH

Ingredients

1 cup frozen peas, blanched
300g snap peas, blanched
½ red onion, sliced into half moons
Small handful fresh dill, chopped
Large handful rocket
Slivered almonds (or nuts of your choice)
Sunflower shoots
Salt and ground black pepper to taste

Dressing

½ cup **B-well Thick & Creamy Mayo**
1 cup plain Greek yoghurt
1 Tbsp B-well Extra Virgin Olive Oil
2 Tbsp lemon juice
1 clove garlic, minced
2 Tbsp fresh parsley, chopped
Salt and ground black pepper, to taste

Method

1. Lightly squeeze the grated cucumber between your palms over a sink to remove excess moisture.
2. Transfer the squeezed cucumber to a serving bowl.
3. Add the **B-well Thick & Creamy Mayonnaise**, yoghurt, **B-well Extra Virgin Olive Oil**, mint, lemon juice, garlic, and salt to the bowl, and stir to blend.
4. Let the mixture rest for 5 minutes to allow the flavours to meld.
5. Taste and add additional mint, lemon juice, and/or salt, if needed.
6. Serve immediately or chill for later.



BRAAI TIPS & HACKS

PREP YOUR BRAAI GRILL:

Start with a clean grill to avoid sticking. Brush off any remains from previous braais once the grill is hot, then rub with a halved onion for a natural, non-stick coating.

CHARCOAL TRICK:

For even heat, arrange your charcoal in a two-zone fire—one side with more coals for searing and a cooler side for slow cooking.

You can also add wood chips for an extra smoky flavour.

USE ROSEMARY STICKS AS SKEWERS:

For an aromatic twist, use rosemary branches as skewers. They infuse meats and veggies with a subtle herb flavour while cooking.

VEGETABLE GRILLING TIP:

Use a foil packet for smaller vegetables to prevent them from slipping through the grill.

Season with olive oil, salt, and herbs before sealing.

TIMING IS KEY:

Avoid constantly flipping meat.

Allow each side to cook fully before turning for that perfect sear and juiciness.

Let meat rest before slicing to keep juices inside.

FIRE SAFETY:

Always keep a bucket of sand or water nearby for any flare-ups, especially if you're cooking meat with a high-fat content.

CHICKEN KEBABS

CURRIED CHICKEN KEBABS

Preparation Time
10 minutes

Cooking Time
15-20 minutes

Serving Size
8-10 kebabs

MAKE ME WITH



Ingredients

8-10 chicken kebabs

Marinade

¼ cup **B-well Canola Oil**

1 Tbsp mild curry powder

½ tsp turmeric

1 tsp ground cumin

1 tsp ground coriander

1 tsp ginger powder

3 Tbsp Rooibos tea

2 Tbsp lemon juice

Salt and pepper

Method

1. Add all the marinade ingredients to a mixing bowl and whisk until well combined.
2. Add the chicken kebabs in a single layer to a shallow dish and pour over the marinade.
3. Turn the chicken kebabs to make sure they are coated all over.
4. Cover and place in the fridge for 30 minutes to 1 hour to marinate, turning halfway through.
5. Place chicken kebabs on the braai and braai, basting continuously with any leftover marinade, until cooked through.
6. Serve while warm.

MAKE ME WITH



MARINATED FILLET

WHOLE MARINATED FILLET

Preparation Time
5 minutes

Cooking Time
8-12 minutes

Serving Size
4

Ingredients

4x 250g **Sparta Fillet Steaks**

Marinade

¼ cup **B-well Extra Virgin Olive Oil**

¼ cup balsamic vinegar

2 heaped tsps hot English mustard

2 Tbsp honey

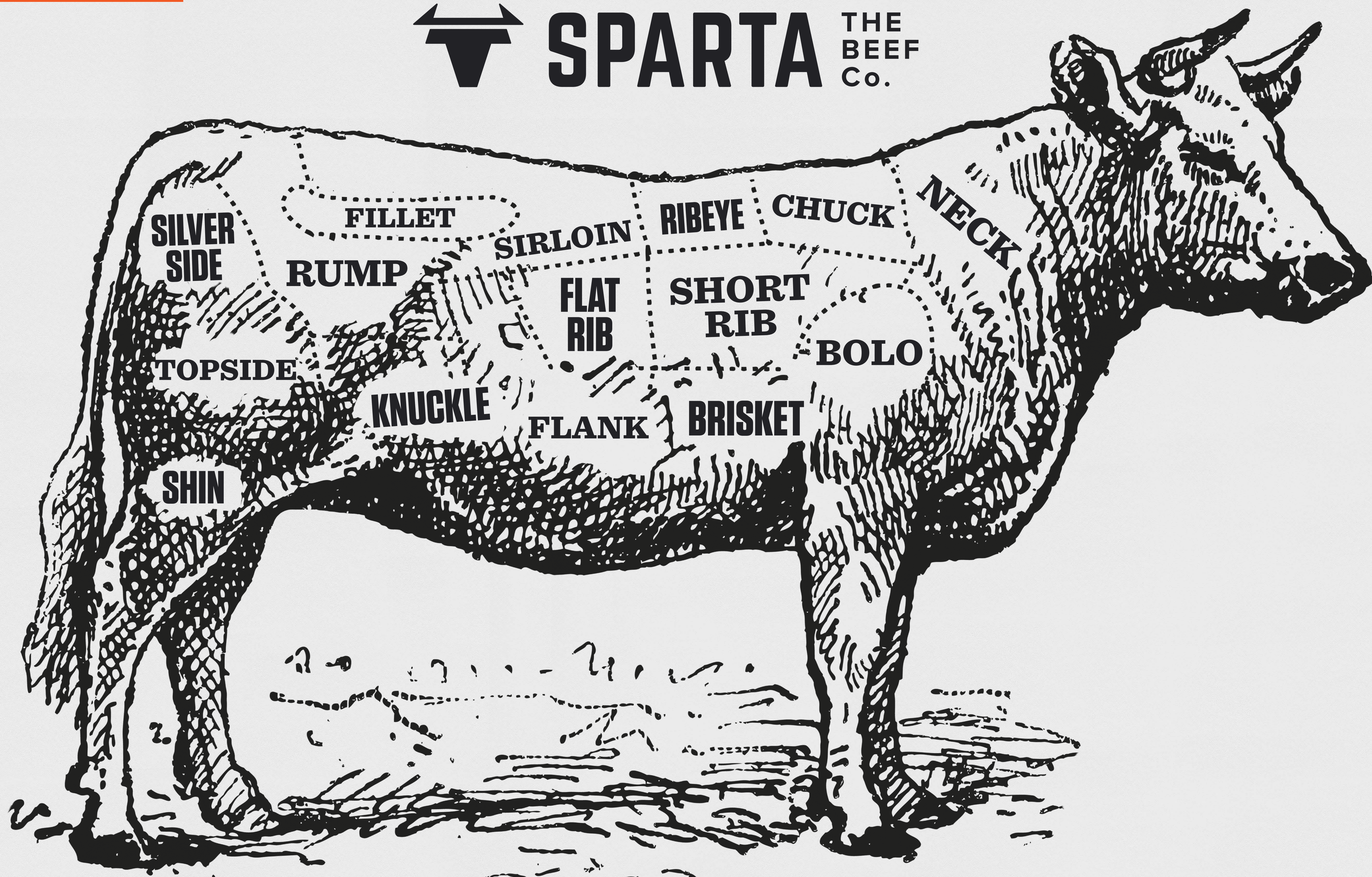
Salt and pepper

Method

1. Whisk together all the marinade ingredients in a bowl until well combined.
2. Place the **Sparta Fillet Steaks** in a single layer in a shallow dish and pour the marinade over, turning the fillet steaks to coat on all sides.
3. Cover and place in the fridge for 30 minutes to 1 hour to marinate, turning the steaks halfway through.
4. Remove the steaks 15 minutes before ready to braai, to come to room temperature.
5. Place steaks on the braai and braai, basting continuously with any leftover marinade until cooked to your preferred doneness.
6. Serve sizzling.



See next page for more info on different meat cuts >>



KNOW YOUR CUTS

When choosing meat for a braai, you can consider the cut's fat content, tenderness, and how it cooks:

Sirloin

A lean, tender, and flavourful cut that's ideal for grilling

Brisket

A fatty and tough cut that becomes tender when slow-cooked, making it a good choice for pot roast

Flank

A lean, thin, and tough cut that should be cooked quickly at a high heat

Ribeye

A juicy and fatty cut that's great for braaing

T-bone

A large cut with sirloin on one side and tenderloin on the other that's great for a special occasion

Fillet

A tender cut with little fat that's quick to prepare and goes well with basting

Rib

A cut from the back of the cow with rich marbling that results in tender, flavourful meat



How to COOK THE PERFECT STEAK



RAW

Feel the palm of your hand, just below your thumb. It's a little soft and fleshy. This is what raw steak should feel like.



RARE

Now press your index finger and thumb together and touch the same thick part below your thumb again. It feels slightly firmer – this is what a rare steak should feel like.



COOK ON HIGH HEAT

2.5 cm thick | 4–5 min in the pan
3 cm thick | 5–6 min in the pan
4 cm thick | 6–8 min in the pan



MEDIUM-RARE

Now press your middle finger and thumb together and touch your palm. This is what a medium-rare steak feels like.



COOK ON HIGH HEAT

2.5 cm thick | 5–5.5 min in the pan
3 cm thick | 7–8 min in the pan
4 cm thick | 8–9 min in the pan



MEDIUM

Press your ring finger and thumb together. Now the palm may feel slightly flexed. This level of firmness means your steak is cooked medium.



COOK ON HIGH HEAT

2.5 cm thick | 5–7 min in the pan
3 cm thick | 8–10 min in the pan
4 cm thick | 9–11 min in the pan



WELL-DONE

If you press your little finger and thumb together, you'll notice that your palm is now fairly firm. This is what well-done steak feels like.



COOK ON HIGH HEAT

2.5 cm thick | 7–8 min in the pan
3 cm thick | 10–11 min in the pan
4 cm thick | 11–12 min in the pan

For recipes visit [SPARTA.CO.ZA](https://sparta.co.za)

MAKE ME WITH



RIBEYE STEAK

Ingredients

4-6 **Sparta Ribeye Steaks**

Salsa Verde

1-2 cloves of garlic
2 big handfuls of fresh flat-leaf parsley
1 bunch of fresh basil
1 handful of fresh mint
1 small handful of capers
1 small handful of gherkins, in sweet vinegar
6 anchovy fillets
1 Tbsp Dijon mustard
3 Tbsp red wine vinegar
8 Tbsp **B-well Extra Virgin Olive Oil**

RIBEYE STEAKS & SALSA VERDE

Preparation Time
5 minutes

Cooking Time
8-12 minutes

Serving Size
4-6

Method

1. Add all the salsa verde ingredients to a food processor and pulse until smooth but still a little chunky (small chunks).
2. Scrape salsa verde out into a bowl, cover and set aside.
3. Place steaks on the braai and braai, until cooked to your preferred doneness.
4. Serve steaks warm with a generous dollop of salsa verde.





DISCOVER THE RICH FLAVOUR OF EXTRA VIRGIN OLIVE OIL WITH B-WELL

Experience the full-bodied taste of our carefully crafted B-well Extra Virgin Olive Oil. Cold-pressed to perfection, it's perfect for finishing dishes, dipping bread, and drizzling over salads. Its bold, peppery notes add depth that will elevate any meal.



Why Choose B-well Extra Virgin Olive Oil?

- ✓ **Rich in Antioxidants & Healthy Fats**
- ✓ **Versatile for All Cooking Styles**

With B-well Extra Virgin Olive Oil, you can savour the richness of quality while making healthier choices.



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CAULI STEAKS

SPICED CAULIFLOWER STEAKS

Preparation Time
10 minutes

Cooking Time
20-25 minutes

Serving Size
4-6

Ingredients

2 heads of cauliflower
cut into steaks

Basting sauce

¼ cup **B-well Canola Oil**

1 tsp ground cumin

1 tsp ground coriander

1 tsp smoked paprika

Salt and pepper

Spiced sauce

¼ cup sour cream

¼ cup **B-well Thick & Creamy Mayonnaise**

1 tsp paprika

Juice of 1 lemon

Salt and pepper, to taste

Method

1. Lay your cauliflower steaks out in a single layer on an oven tray.
2. Add the **B-well Canola Oil**, cumin, coriander and paprika to a small bowl and whisk together.
3. Using a basting brush, brush the cauliflower steaks generously on both sides and season with salt and pepper.
4. Place cauliflower steaks on the braai and braai for 20-25 minutes until cooked through and slightly charred, basting with the basting sauce with each turn.
5. While the cauliflower steaks are braaing, whisk the spiced sauce ingredients together in a bowl.
6. Serve the cauliflower steaks warm with the sauce.

CHILLI MAYO BROCCOLI

CHARGRILLED TENDERSTEM® BROCCOLI & CHILLI MAYO

Preparation Time
5 minutes

Cooking Time
10-15 minutes

Serving Size
6

Ingredients

600g Tenderstem® broccoli

2 Tbsp **B-well Canola Oil**

2 tsps lemon juice

Salt and ground black pepper

¼ cup **B-well Tangy Mayonnaise**

¼ tsp chilli flakes

Method

1. Add the Tenderstem® broccoli to a large mixing bowl.
2. Add the **B-well Canola Oil** and lemon juice and season with salt and pepper.
3. Toss everything together to evenly coat the Tenderstem® broccoli.
4. Place Tenderstem® broccoli on the braai and braai until just tender and slightly charred, basting with any leftover juices as you go.
5. While the Tenderstem® broccoli is braaing, whip the **B-well Tangy Mayonnaise** together with the chilli flakes in a small bowl.
6. Serve the Tenderstem® broccoli warm with the tangy chilli mayo on the side.



MAKE ME WITH



JACKET POTATOES

JACKET POTATOES, SOUR CREAM
& CHIVES

Preparation Time
5 minutes

Cooking Time
1-1 ½ hours

Serving Size
4-6

Ingredients

4 large potatoes
2 Tbsp **B-well Extra Virgin Olive Oil** + extra for serving
Salt
Sour cream
2 Tbsp fresh chives, finely chopped

Method

1. Preheat your oven to 200°C.
2. Lay your potatoes out on an oven tray and drizzle with the **B-well Extra Virgin Olive Oil**.
3. Season with salt and roll the potatoes around until well coated in the olive oil and salt.
4. Place the tray in the oven and bake for 1 to 1 ½ hours until potatoes are cooked through and tender.
5. Remove from the oven and push the two opposite ends of each potato toward each to open them.
6. Season with a little more salt if required, drizzle with **B-well Extra Virgin Olive Oil** and top with a generous dollop of sour cream and a sprinkling of chives.

MAKE ME WITH



CHARGRILLED PEACHES

CHARGRILLED PEACHES & ICE-CREAM

Preparation Time
5 minutes

Rest & Cook
10 minutes

Serving Size
4-6

Ingredients

6 ripe peaches, halved and de-pipped

B-well Blended Canola & Extra Virgin Olive Oil, for brushing

Cinnamon

Salt

Vanilla ice-cream

Method

1. Brush each peach, flesh side up, with **B-well Blended Canola & Extra Virgin Olive Oil** and sprinkle each one lightly with cinnamon and salt.
2. Place each peach half, flesh side down on the braai and braai for 4-5 minutes until char marks appear and the flesh has slightly softened.
3. Serve warm with vanilla ice cream.



GRILLED PINEAPPLE

SPICED GRILLED PINEAPPLE & ICE-CREAM

Preparation Time
10 minutes

Rest & Cook
10 minutes

Serving Size
4-6

Ingredients

3 fresh pineapples, peeled and cut into slices

B-well Canola Oil, for brushing

Chilli flakes

Brown sugar

Vanilla ice cream, or ice cream of your choice

Method

1. Brush each pineapple slice with **B-well Canola Oil** and sprinkle each slice with a light dusting of chilli flakes and brown sugar.
2. Place pineapple slices, seasoned side down, on the braai and repeat seasoning on the other side.
3. Braai for 3-5 minutes on each side until slightly sticky.
4. Remove from the braai and serve warm with ice cream of your choice.



BRAAIED LEMONADE

BRAAIED LEMONADE

Preparation Time
10 minutes

Rest & Cook
15 minutes

Serving Size
600-700ml

Ingredients

20 lemons
150g brown sugar
100g white sugar
500ml soda water
Ice, for serving
Mint leaves for serving

Method

1. Slice lemons into thick slices and dip into the brown sugar.
2. Place the lemon slices on a braai grid over medium heat coals.
3. Turn when the lemons are charred and almost blackened.
4. Braai for a further 5 minutes, then place in a large bowl to cool.
5. Once the lemons are cool enough to handle, squeeze the juice into a jug.
6. Add the white sugar to the lemon juice and mix until dissolved.
7. Add crushed ice and a sprig of fresh mint and top up with soda water.



Knorhoek Chenin Blanc 2022 Tasting Notes from Winemaker



KNORHOEK
STELLENBOSCH

The fruit profile remains faithful to the varietal – stone fruits, succulent peach, apricot, and zesty lime interplay seamlessly with hints of melon, green apple, and elegant white pear.

The integrated, slightly robust structure lingers harmoniously, underscoring the symphony of flavours. This Chenin Blanc elegantly marries its character with newfound richness, making it a compelling choice for enthusiasts seeking a nuanced and captivating experience.



shop.quinrock.co.za



facebook.com/knorhoekwinefarm



@knorhoekwinefarm



APPLE ICED TEA

APPLE & ROOIBOS ICE TEA

Preparation Time
10 minutes

Rest & Cook
30 minutes

Serving Size
1 Litre

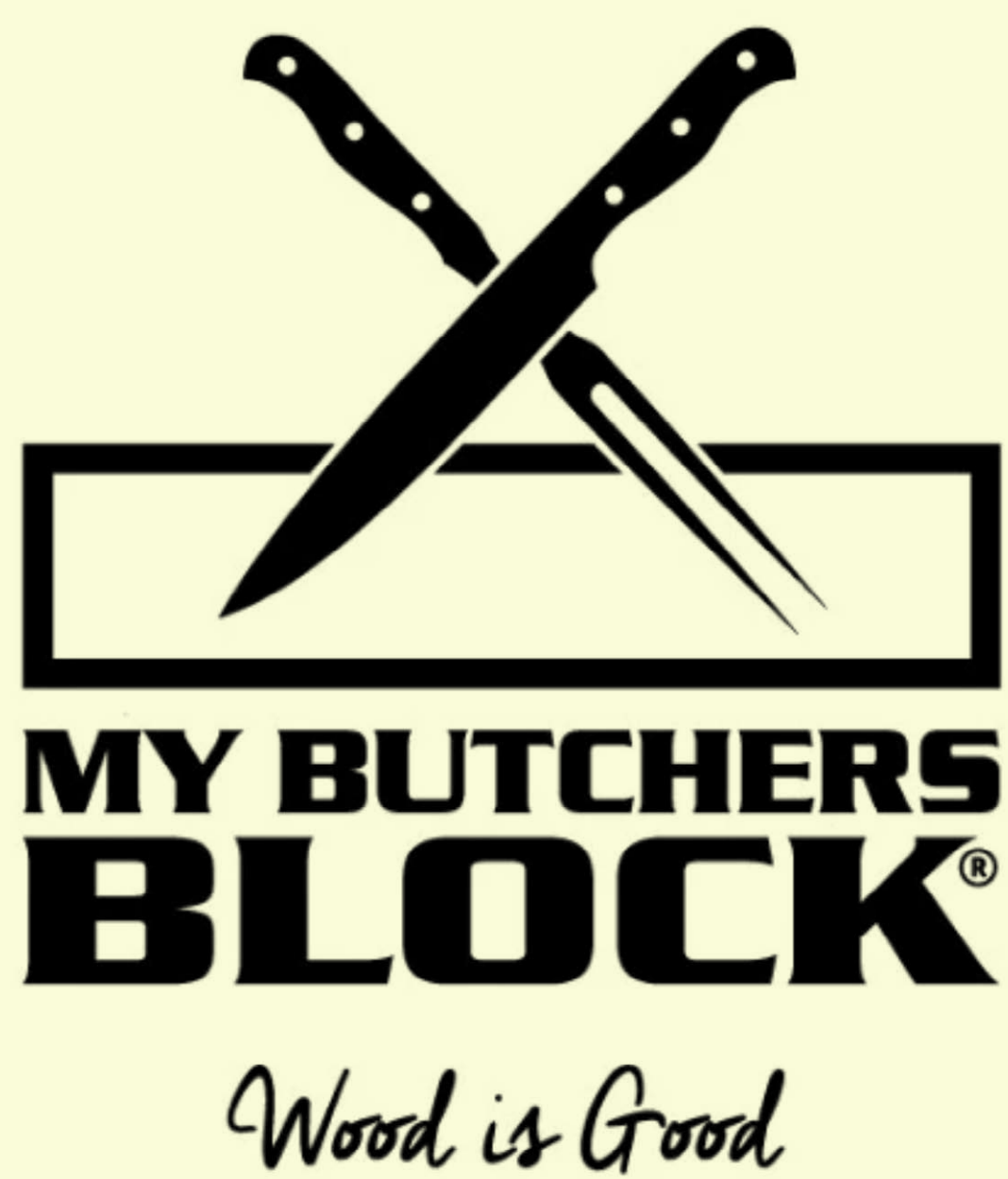
Ingredients

500ml apple juice
1 cup sugar
1 cup water
1 tsp lemon juice
4 rooibos teabags
1L boiling water
Mint leaves

Method

1. Pour the apple juice into ice trays and place in the freezer to set overnight.
2. Place the sugar, water and lemon juice into a pot and bring to a boil; boil for 5 minutes until syrupy; remove from heat.
3. Place rooibos teabags in a jug and add 1 litre of boiling water; allow to stand and brew for 8-10 minutes.
4. Remove the teabags, and stir in the syrup from the pot; stir until well combined and then place in the fridge until completely cooled.
5. To serve, place the apple juice ice blocks in a glass, pour over the rooibos tea, add mint leaves, stir, and enjoy.

HUGE THANK YOU TO OUR PARTNERS



B-well™

Ingredients for Better Living

TASTE THE DIFFERENCE WITH B-WELL MAYO



Ranging from **Original Tangy** and deliciously **Thick & Creamy** to our guilt free **Reduced Oil**, our **B-well Mayonnaise** range is perfect for salads, wraps, dips, marinades, and more. Whether you're making sauces, dressing burgers, or even baking a chocolate cake, our mayo range adds the perfect flavour to any meal.

Why Choose B-well Mayo?

- ✓ Egg & Dairy Free
- ✓ Naturally Gluten Free
- ✓ Made with Love, Locally
- ✓ Endorsed by The Heart and Stroke Foundation South Africa
- ✓ Versatile for All Your Culinary Creations

With **B-well Mayo**, you can create **nutritious**, safe meals for everyone to enjoy.



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