

Creative Ways To Include Rooibos Tea In Pregnancy Diet



RECIPE 1:

Rooibos tea-infused cake

-  Add tea to boiling water and let it infuse.
-  Beat cream butter, sugar, and orange rind until light and fluffy. Gradually add beaten eggs.
-  Sift flour and salt together and fold them into the butter mixture, alternating with the strained tea until well blended.
-  Pour mixture into a greased loaf tin and bake for 40 to 45 minutes.
-  Ice the top of the cake and decorate it with a sprinkling of dry tea.



RECIPE 2:




Rooibos tea-ramisu

-  Boil 12 Joko Rooibos teabags in water. Chill and remove the teabags from the pot.
-  Mix 250ml chilled Rooibos tea and cream in a mixing bowl. Add the Carte d'Or Tiramisu and blend on medium speed until soft peaks form. Pour the mixture into a piping bag.
-  Dip biscuits in the remaining Rooibos and arrange them at the bottom of the dessert glass.
-  Pipe a tiramisu layer on top of the biscuits, layer again with biscuits and tiramisu, and top with chocolate shavings/cocoa powder.



RECIPE 3:

Rooibos tea-poached pears

-  Boil sugar, rooibos tea, and six cups of water in a saucepan over medium heat. Remove from heat and let the tea infuse for ten minutes.
-  Discard the tea bags and return the pan to medium heat. Bring to a boil again, and add pears. Cover with baking paper and cook for 15 to 20 minutes until tender.
-  Remove the pears from the pan and cook the liquid for ten minutes to make syrup. Enjoy the pears with syrup and ice cream.

