



## **Warm up this Winter with Vital Organic Rooibos Tea**

**Vital Organic Rooibos** (pronounced Roy-Boss) **Tea** or Red Tea, is naturally caffeine free, Certified Organic and abundant with antioxidants, providing drinkers with an all-round health booster. It contains no additives, preservatives or colorants and is completely pure and natural. **Vital Organic Rooibos Tea** is the ideal drink for people with a busy lifestyle. It can be enjoyed in unlimited quantities throughout the day and is a great thirst quencher for athletes as iced Tea, or mixed with fruit juice. For the diet conscious, who are experiencing the stress of a restricted diet, Rooibos Tea is a soothing drink, without adding calories. Because of its lower tannin content, it is less bitter than regular tea and can be enjoyed without sugar. **Vital Organic Rooibos Tea** is not just for drinking, but can also be used in baking and cooking.

### **To Buy**

Vital Organic Rooibos Tea

### **To Cook**

Rooibos Tea is the perfect accompaniment to range of starters, mains and desserts. The popular herbal tea from *Aspalathus linearis* is packed with goodness. Rooibos Tea creates healthy, scrumptious recipes while its savoury flavour complements and intensifies the natural flavours of food – making it great for marinades, baking, plus roasting of meats, fish, chicken and vegetables especially in the cooler months.

### **To Eat**

Rooibos infused recipes that absorb the natural flavour of Rooibos Tea offers significant health benefits across a number of areas including skin health, pregnancy, babies (for colic). With its anti-inflammatory properties it may also help prevent the onset of diseases such as cardio vascular, diabetes, and can even calm nervous tension.

### **To Relish**

Hearty and healthy marinades intensified with flavour by dissolving stock cubes in Rooibos for an aromatic taste.

### **To Store**

Sweeten a pot of strong Rooibos with honey to taste. Stir well to make sure all the honey is dissolved. Leave in fridge overnight. Serve as an ice cold, refreshing drink.

These sweet and savoury recipes make the most of Rooibos Tea's versatility adding an extra zing to your meals and indulging in your health.

Heralded by some of South Africa's leading chefs, Rooibos', here are a few simple and fresh recipe ideas to add some extra 'zing' to your next dinner party while also indulging in your health