

Perfect for diabetics

The **Association for Dietetics in South Africa** has partnered with award-winning chef, Vanessa Marx, to develop a series of recipes using local ingredients and offers alternative flavouring tips. We love this stunning late-summer drink...

ROOIBOS, POMEGRANATE AND CINNAMON ICED TEA

Makes 2l

Ingredients

4 rooibos teabags

2l water

1 cinnamon stick (about 5g)

1 orange, sliced with skin on

1 pomegranate, pitted

Honey, xylitol or sugar to sweeten (optional)

Ice to serve

Method

Add boiling water, cinnamon sticks and orange slices to the teabags. Leave to cool and infuse (preferably overnight). Strain the tea to remove the teabags, cinnamon and orange and stir in honey, xylitol or sugar to sweeten to taste. Add fresh pomegranate jewels and heaps of ice, and serve in large jars. Add fresh herbs or edible flowers to pretty it up.

To see more, visit
www.adsa.org.za to
find recipes to suit
every occasion



Calling all brides!

Gather up three of your bridesmaids or besties for a girly weekend filled with more inspiration and awe than any woman can handle. **The Wedding Expo** is Africa's largest bridal marketing event and hosts more than 300 premier service providers, exhibiting everything you could possibly need to make your special day perfect.

Held at **The Dome** in **Northgate** on March 14 and 15, it is the ultimate must-visit for the newly engaged, wedding planners and even second-time-arounders. Packed with inspiration, it is an essential part of making your dreams come true.

WIN!



We have a fabulous package to the value of R6 000 to give away to one lucky reader. The prize includes:

- One night's accommodation for four people sharing a family room at the Kloofzicht Lodge & Spa, dinner and breakfast included
- A spa experience (4x anti-stress back, neck and shoulder massages)
- Four tickets to the expo.

To enter, simply send an email to competitions@getitlowveld.co.za to reach us no later than noon on Friday March 6. The winner will be drawn randomly and will be notified via email and/or phone.

To see more about this great event, go to www.wedding-expo.co.za

