

Making the perfect cup of Rooibos



In this era of health-conscious consumers, Rooibos is a product tailor-made for today's lifestyle. A hot, soothing cup of Rooibos is completely pure and natural, containing no additives, preservatives or colourants of any kind. It contains no caffeine and is low in tannin.

The clean, aromatic flavour of Rooibos can safely be enjoyed in unlimited quantities throughout the day, with no harmful side effects. Rooibos is less astringent and bitter than Ceylon (black) tea and therefore needs less sugar or sweetener. Rooibos can be reheated without losing any flavour or becoming bitter.



NOTES:

- For a full-flavour Rooibos you can slowly brew it on the stove.
- If Rooibos is steeped for 5 to 10 minutes, its antioxidants activity increases significantly.
- Use boiling water with a neutral pH. Never use over-boiled water, as the oxygen in the water will be depleted. Proper infusion of the Rooibos won't be possible.



Rooibos can also be prepared in a microwave oven. For a single cup, place one bag of Rooibos in a cup of cold water and microwave at maximum power for two minutes. For larger amounts, use a glass teapot with one bag or one heaped teaspoon of Rooibos per cup.



1

Warm the teapot by rinsing it with boiling water.



2



Place one bag of Rooibos, or one heaped teaspoon of Rooibos, per cup in the teapot.

3



Pour boiling water into the pot and keep it warm.

4



Allow to infuse for 2 to 3 minutes.

5



Add milk and sugar or honey to taste.

Enjoy!



Try a refreshing cup of Rooibos with honey and lemon.



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