



Madiba's Birthday Treat

Serves 1

Madiba would often speak highly of his wife's cooking and in 1980 in a letter to her penned the following; "I remembered your birthday with a real feast. I put 4 teaspoons of Nesquik in a mug, 3 teaspoons of Milo, 2 teaspoons of brown sugar, and buried the whole mixture in hot water. It was a magnificent brew fit for a monarch."

Recipe source: Hunger for Freedom by Anna Trapido

Ingredients :

4 tsp Nesquik powder

3 tsp Milo

2 tsp Selati brown sugar or Sweetener, to taste

150ml boiling water

Methods :

Combine the Nesquik, Milo and sugar or sweetener then add the boiling water.