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Edition 02 | April 2025

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Ukubungaza iPhasika: Ukwamukela Amasiko Nobumbano eNingizimu Afrika

phasika liyisisekelo ekhalendeni lezeNkolo yamaKristu, liyisikhumbuzo sokuvuka kukaJesu Kristu. Ngaphandle kokubaluleka kwalo kwezenkolo, iPhasika selizihlanganise nosikompilo lwaseNingizimu Afrika, likhuthaza umoya wobumbano nokuvuseleleka kokusha emiphakathi yayo eyahlukene.

Izimpande Zomlando zePhasika

Imvelaphi yePhasika igxile kakhulu emfundisweni yenkolo yobuKristu, ebeka esiqongweni iSonto Elingcwele, elibonisa izenzakalo eziholela futhi ezihlanganisa nokubethelwa kukaJesu esiphambanweni. Ngokwenkolelo vobuKristu, uJesu wabethelwa esiphambanweni ngoLesihlanu lwePhasika futhi wavuka kwabafileyo ngosuku lwesithathu, olugujwa njengeSonto lePhasika. Lesi senzakalo siwuphawu lokunqoba isono nokufa, sinikeza ithemba nokuhlengwa kwabakholwayo. Igama/itemu elithi "Easter" kukholakala ukuthi lisuselwa kokuthi "Eastre," isithixokazi sama-Anglo-Saxon sentwasahlobo kanye nenzalo, liggamisa ukuhlotshaniswa komkhosi nezindikimba zokuzalwa kabusha nokuvuselela.

Amasiko ePhasika eNingizimu Afrika

ENingizimu Afrika, iPhasika ligujwa ngenhlanganisela yemikhuba yezenkolo namasiko, akhombisa ukunotha kokuhlukahluka kwesizwe. Amasonto ezweni lonke abamba izinkonzo ezikhethekile, okubandakanya imilindelo/iziguqo kanye nezinkonzo zokusa, lapho amabandla ehlangana khona ukuze azindle futhi agubhe/abungaze ndawonye. Umculo nokucula kuneqhaza elikhulu kulezi zinkonzo, njengoba amakhwaya ecula izingoma ezihambisana nezindikimba zokuvuka kukaJesu kanye nethemba.

Ngale kwezindonga zesonto, abantu baseNingizimu Afrika bahlanganyela emasikweni ahlukahlukene asefana nePhasika. Ukwabelana ngamabhanisi ephasika amnandi anongiwe anesiphambano phezulu phecelezi ama-hot cross buns, sekuyisiko elisabalele yonke indawo. Ukwengeza, ukunikezana ngoswidi wePhasika oyiqanda phecelezi ama-Easter egg kuwuphawu lempilo entsha, kuyathandwa emindenini, ikakhulukazi kuthandwa yizingane. Le mikhuba, nakuba igxile emifanekisweni yasendulo yokuzalwa kabusha nokuvuselela, iye yamukelwa eNingizimu Afrika.

Ukubaluleka Kwamasiko Nemibuthano Yomphakathi

IPhasika eNingizimu Afrika lidlula ukugujwa kwezenkolo, lisebenza njengesikhathi sokuhlangana kwemindeni kanye nokuxoxisana nomphakathi. Impelasonto ende inika abantu ithuba lokugoduka, iqinise ukuxhumana kwemindeni futhi ikhuthaze umuzwa wokuba wokwamukeleka. Imiphakathi ivamise ukuhlela imicimbi efana nokudla komphakathi, amafestivali, nemisebenzi yokupha, eqinisa ukubaluleka kozwelo nokuba munye.

Ezifundeni ezithile, kuvele amasiko

ayingqayizivele. Ukwenza isibonelo, eKapa, umphakathi wase-Cape Malay unomkhuba omdala wokukhempa ngasogwini logu lwase-False Bay ngempelasonto yePhasika. Lo mkhuba, owaziwa ngokuthi Ukukhempa kwePhasika "i-Easter camping," uhlanganisa ukuthi imindeni yakhe amatende futhi ijabulele ukuba ngasolwandle, okubonisa inhlanganisela yamagugu amasiko kanye nomgubho wamanje.

Ukufaneleka KwePhasika Emphakathini Wanamuhla

Ezweni lanamuhla elisheshayo, iPhasika lisebenza njengesikhumbuzo esithinta inhliziyo sokubaluleka kokuzindla, ukuvuselela kabusha, kanye nomphakathi. Likhuthaza abantu ukuthi bame kancane futhi bacabangele ngohambo lwabo lomuntu siqu, ubudlelwano, kanye nokubalulekile/ubugugu. Izindikimba zomhlatshelo novuko zithinta ngale kwezenkolo, izenzo ezikhuthazayo zomusa, ukuqina lapho ubhekene nezinselele, nokuzibophezela zokuvuseleleka kabusha komuntu siqu.

Ngaphezu kwalokho, iPhasika ligcizelela ukuqala kabusha okuhambisana nezifiso ezibanzi zomphakathi zobumbano nokubuyisana. Esizweni esinamasiko amaningi njengeNingizimu Afrika, namandla atholakala ekugubheni/ekubungazeni ndawonye.

IPhasika eNingizimu Afrika wumgubho oxubile, onothe ngomlando futhi ukhombisa impilo ekwenziweni kwawo. Lihlanganisa ukuhlangana kokuzinikela enkolweni kanye nezinkulumo zamasiko, linikeza isikhathi sokuzihlola, injabulo, nokuzwana komphakathi. Njengoba abantu baseNingizimu Afrika behlangana ndawonye ukuze bakhumbule lesi senzakalo esibalulekile, abagcini nje ngokuhlonipha amasiko asendulo kodwa futhi baqinisa ubugugu obuhlala njalo bubahlanganisa njengesizwe.

Sources: www.iol.co.za, www.sowetanlive.co.za, www.kubumediamagazine.co.za





#JusticeForCwecwe: A Nation Unites to Protect Its Children

n October 2024, at Bergview College in Matatiele, Eastern Cape, a seven-year-old girl affectionately name "Cwecwe" was allegedly assaulted while waiting for her transport home. This tragic incident not only devastated her family but also highlighted serious issues in how such cases are handled.

When Cwecwe came home acting differently and feeling uncomfortable, her mother, a 30-yearold police officer and survivor of assault, was very concerned. The next day, as her daughter's pain grew worse, she took her to the doctor. The diagnosis was heartbreaking: evidence of assault (Citizen.co.za).

Wanting justice for Cwecwe, her mother reported the incident to both the school and the police on 16 October 2024. The school, instead of offering support or starting an investigation, gave her a transfer letter for Cwecwe—a move that seemed like they were avoiding responsibility. This reaction from Bergview College made the family's pain even worse.

The police response was also disappointing. Despite the seriousness of the case, the investigation moved slowly. Important steps, like taking statements and collecting DNA samples from possible suspects, were delayed. The mother was frustrated, noting that her daughter's statement was only taken three weeks after the report. She also mentioned that DNA tests weren't done on the people who had been near her child at the time. The investigating officer said there was a "shortage of manpower," which caused the delays.

The Spark of a Movement

As the news spread, public anger grew. The hashtag #JusticeForCwecwe became popular on social media, showing a united demand



for accountability and change. This lead to the creation of the petition Justice for Cwecwe which can be accessed here: www.petitions.net/justice_ for_cwecwe.

On 31 March 2025, a significant peaceful protest took place in Cape Town, drawing thousands of participants. Organised by various child advocacy groups, the demonstrators marched from the District Six Museum to the Parliament building, demanding expedited judicial proceedings and stricter safety protocols in educational institutions. Speakers at the event emphasised the necessity of creating safe environments for children and holding institutions accountable for their failures.

On 1 April 2025 in East London, protesters. led by the Loyiso Lindani Foundation, marched to the Magistrate's Court, demanding that cases of sexual assault be treated with the urgency and seriousness they warrant. In Johannesburg, on 2 April 2025, another peaceful rally was held in Nelson Mandela Square. Attendees lit candles and shared personal stories, fostering a sense of solidarity and collective mourning. These protests underscore the widespread public support for Cwecwe and her family, amplifying the urgent call for systemic reforms to protect vulnerable

A Nation's Demand for Accountability

The public's fervent demand for justice has not gone unnoticed. Basic Education Minister Siviwe Gwarube addressed the nation, emphasising the sanctity of educational institutions as places of safety and learning. In response to mounting pressure, the Eastern Cape Department of Education took decisive action by deregistering Bergview College. This move signified a commitment to holding institutions accountable and ensuring that such lapses in duty of care are

met with appropriate consequences. However, that deregistration was withdrawn several days later (News24.co.za).

The Role of Advocacy and Support Organisations

Amidst the turmoil, organisations dedicated to child welfare have played a pivotal role. Child Welfare South Africa (CWSA), the largest child protection non-profit in the country, has been at the forefront of advocating for children's rights. With a presence in over 200 communities, CWSA's mission encompasses protecting children from all forms of abuse and exploitation, establishing networks to safeguard their well-being, and providing support to affiliated organisations to ensure quality services(Childwelfaresa.org.za).

A Unified Call to Action

What happened to Cwecwe and her family reminds us of the dangers children can face and the need to protect them. It shows the importance of institutions responding quickly and properly to reports of abuse. As a society, we must work to create environments where children are safe, and justice is guaranteed.

#JusticeForCwecwe movement demonstrates the power of people coming together to support those who need it. It calls on everyone to prioritise the well-being of our children and ensure that such tragedies are met with decisive and compassionate responses. Together, we can forge a society where the innocence of every child is cherished and their safety is paramount. Follow the #JusticeForCwecwe to join the movement.

Sources: www.citizen.co.za, www.news24.co.za, www.ewn.co.za, www.childwelfaresa.org.za.

Top Destinations for the Long Weekend

aster is a wonderful time for families in Gauteng to explore local attractions and create lasting memories. Here are four familyfriendly destinations in Gauteng, complete with activities and approximate entrance fees:

Rietvlei Zoo Farm Easter Fest (Johannesburg) Located in the south of Johannesburg, Rietvlei Zoo Farm hosts an annual Easter Fest that's perfect for families. The festival features Easter egg hunts, a crafters' market, and a variety of food stalls. Families can also enjoy picnics or braais in designated areas. Entrance is free, while access to the picnic park is approximately R35 per person.

Field Berry Farm (Pretoria)

Situated in Walkerville, Field Berry Farm offers a unique Easter experience. Instead of traditional egg hunts, children can participate in treasure hunts searching for coloured stones hidden among raspberry bushes. The farm also provides a delightful outdoor setting for family picnics. Entrance fees are modest, making it an affordable outing.

Gold Reef City Theme Park (Johannesburg)

Gold Reef City offers a thrilling experience for families, combining amusement park rides with rich historical insights into Johannesburg's gold mining heritage. You can enjoy a variety of rides suitable for all ages, from adrenaline-pumping roller coasters to gentle kiddie rides, as well as participate in guided tours of a replica gold mine, providing an educational glimpse into the city's mining past. Entrance fees: Approximately R250 per person; children under 3 enter free. Operating Hours: Wednesday to Sunday, 09:30 to 17:00.

Lion & Safari Park (Lanseria, near Johannesburg)

Located near the Cradle of Humankind, the Lion & Safari Park offers families an up-close experience with South Africa's wildlife in a safe environment. Embark on guided game drives to see lions, cheetahs, hyenas, and various antelope species and you can handfeed giraffes and ostriches under supervision.



Entrance fees: Self-drive safari starts at R150 per adult and R90 per child; guided tours are available at additional costs. Operating Hours: Daily from 08:00 to 18:00.

The Grove Mall Ice Rink (Pretoria)

For a unique indoor activity, The Grove Mall in Pretoria houses an ice-skating rink that promises fun for the whole family. Enjoy open skating sessions suitable for beginners and experienced skaters alike. Explore the ther entertainment options a cinema and various dining establishments. Entrance fees: Approximately R90 per session, including skate hire; discounts available for group bookings. Operating Hours: Monday to Sunday, 10:00 to 22:00.

Hennops Hiking & MTB Trails (Centurion)

For families who enjoy the outdoors, Hennops offers a range of hiking and mountain biking trails set amidst picturesque landscapes. You can choose from several hiking trails, ranging from easy to moderate difficulty, featuring suspension bridges and river crossings. Or explore mountain biking trails suitable for various skill levels. You may also Relax at designated picnic spots along the Hennops River. Entrance fees: Hiking: R80 per adult, R40 per child under 12; Mountain biking: R100 per person. Operating Hours: Daily from

Wherever you go, take time to unwind and enjoy South Africa's natural beauty this Easter.

Mbali Nhlapo: How Social Media Transformed a Housekeeper into a Star

"My name is Mbali Nhlapo, I'm a housekeeper." If you've spent any time on social media, chances are you've come across one of her videos. Hailing from Soweto, Johannesburg, Mbali Nhlapo is not just a housekeeper-she's a social media sensation who has used the power of TikTok to turn everyday cleaning into a thriving personal brand. With her relatable personality and expert tips, she has captured the hearts of millions, proving that knowledge and passion can turn even the most ordinary tasks into extraordinary opportunities.

Through her engaging content, Mbali has shared invaluable cleaning hacks, product recommendations, and homecare advice that have revolutionised the way many South Africans maintain their homes. Her rise to fame has not only earned her a loyal following but also opened doors to lucrative brand collaborations, media features, and business ventures in the cleaning industry.

Beyond personal success, Mbali's influence has uplifted countless domestic workers and homeowners alike, shifting perceptions about housekeeping and inspiring pride in maintaining clean, organised spaces. Her story is a testament to the power of social media-showing how a simple idea, when shared with passion and authenticity, can change lives on a massive scale.

Mbali is now bringing her mission to life with a Housekeepers' High Tea in Northriding. This event will celebrate domestic workers while equipping them with valuable skills, reinforcing her commitment to empowerment and recognition in the industry. You can contact her on her TikTok handle or WhatsApp.



Whatsapp: 0793056951 Tiktok handle: mbalinhlapho7

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Staying Healthy This Easter: Tips for a Balanced Holiday

aster is a time of joy, family gatherings, and delicious food. From chocolate eggs to hot cross buns and hearty meals, the temptation to overindulge is everywhere. While enjoying Easter treats is part of the fun, maintaining a balanced lifestyle is essential for overall wellbeing. With a little planning and mindfulness, you can have a festive and healthy Easter without missing out on the celebrations.

Enjoy treats in moderation

One of the biggest challenges during Easter is managing sugar intake, especially with an abundance of chocolates and sweet treats. Instead of completely avoiding these delights, try practising moderation. A few small pieces of chocolate can satisfy a sweet tooth without overloading on sugar. Opting for dark chocolate, which contains less sugar and more antioxidants, is a great alternative to milk or white chocolate.

For parents, encouraging children to enjoy Easter eggs gradually over a few days instead of all at once can help prevent sugar spikes and crashes. Balancing sweets with nutritious snacks like fresh fruit, nuts, and yoghurt ensures a healthier approach to festive eating.

Stay active during the festivities

With extra time off work and school, Easter is the perfect opportunity to get moving. Instead of spending the long weekend indoors, plan activities that promote physical movement. A family Easter egg hunt in the garden or park can be a fun way to keep children active. Walking, hiking, or playing outdoor games like soccer and cricket can help burn off extra calories while creating lasting memories with loved ones.

For those who prefer a more relaxed approach, a post-meal walk with family or friends can aid digestion and boost energy levels. Regular movement, even in small amounts, contributes to a healthier lifestyle and prevents the sluggish feeling that often comes with overeating

Make healthier meal choices

Easter meals are known for being rich and indulgent, but that doesn't mean they can't be balanced. When preparing Easter dishes, consider incorporating more vegetables, lean proteins, and whole grains. Instead of deep-frying, try roasting or grilling meats for a healthier option.

For traditional Easter meals, simple swaps can make a big difference. Using whole-wheat flour instead of white flour in baked goods, reducing sugar in recipes, and adding more fresh herbs and spices instead of salt can enhance both nutrition and flavour. Serving fresh salads, grilled fish, or roasted vegetables alongside the usual favourites ensures a well-rounded meal.

Stay hydrated

With all the excitement of Easter, it's easy to forget about staying hydrated. Drinking enough water helps with digestion, keeps energy levels up, and prevents dehydration, especially in warmer weather. Swapping sugary drinks for water, herbal teas, or freshly squeezed juices can help reduce unnecessary sugar intake.

Encouraging children to drink water between meals and before enjoying their Easter treats can also help control their appetite and prevent excessive snacking. Keeping a bottle of water handy throughout the day is a simple but effective way to stay refreshed.

Prioritise rest and relaxation

While Easter is a time for celebration, it's also important to take moments to rest and recharge. Getting enough sleep allows the body to recover and helps regulate metabolism and mood. Late nights and excessive indulgence can lead to fatigue, so balancing festivities with proper rest ensures that everyone feels energised throughout the holiday.

Taking time to unwind with a good book, a calming walk, or quality time with loved ones can



help reduce stress and create a more enjoyable Easter experience. Practising mindfulness and gratitude during the holiday also contributes to overall well-being.

Easter is a time to come together, celebrate, and enjoy life's simple pleasures. By making mindful choices, you can fully embrace the joy of the season without compromising your health. Whether it's through balanced eating, staying active, or getting enough rest, small changes can make a big difference.

This Easter, focus on creating healthy habits that allow you to indulge wisely while feeling your best. After all, true celebration comes from enjoving the moment and looking after yourself and those around you.





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Decoding the 2025 Budget: What It Means for Everyday South Africans

he 2025 National Budget introduces several significant changes aimed at addressing South Africa's economic challenges and enhancing public services. Key among these are a proposed increase in the value-added tax (VAT), adjustments to social grants, and increased funding for the health and defence sectors. Understanding these changes is essential for everyday South Africans as they navigate the potential impacts on their daily lives.

Proposed VAT increase

To finance increased government spending, the Budget proposed a gradual increase in the VAT rate. The standard VAT rate is set to rise from 15% to 15.5% on 1 May 2025, with a further increase to 16% effective 1 April 2026. This incremental approach aims to mitigate the immediate financial burden on consumers.

Recognising the potential strain on low-income households, the government plans to expand the list of VAT zero-rated essential food items. This expansion will include canned vegetables, dairy liquid blends, and specified organ meats, ensuring that basic nutrition remains accessible and affordable.

Adjustments to Social Grants

In an effort to support vulnerable populations, the budget outlines increases to various social

- Old Age and Disability Grants: An increase from R2 185 to R2 315 per month, effective
- Child Support Grants: A rise from R530 to R560 per month.

These adjustments aim to provide relief to recipients, helping them cope with the rising cost of living.

Enhanced funding for Health and Defence

The 2025 Budget allocates additional funds to critical sectors:

- Health: An extra R28.9 billion is designated to address the needs of South Africa's substantial HIV-positive population and to cover salaries for medical personnel and newly qualified doctors. Health spending is projected to increase from R277 billion in 2024/25 to R329 billion by 2027/28.
- Defence: An allocation of R5 billion aims to strengthen military forces in response to escalating conflicts in regions such as eastern Congo.

Political and economic implications

The proposed VAT increase has sparked debate among political parties and stakeholders. While the government views the hike as necessary to fund essential services and stabilise public debt, opposition parties and labour unions have expressed concerns about its impact on consumers, particularly low-income families. The Democratic Alliance (DA) has proposed alternative measures, such as selling port concessions and implementing cost-cutting strategies, to address the fiscal deficit without increasing VAT.

The Budget also reflects the government's commitment to balancing debt obligations with service delivery. Efforts to stabilise public debt and reduce deficits are crucial for maintaining economic stability and securing favourable ratings from credit agencies.

Impact on everyday South Africans

For the average citizen, the VAT increase may lead to higher prices on goods and services, affecting household budgets. However, the expansion of zero-rated items and the increase in social grants are designed to cushion the impact on vulnerable groups. Enhanced funding for health services promises improved medical care, benefiting communities nationwide. Additionally, strengthening the defence sector aims to ensure national security, which is fundamental for economic growth and social stability.

As the Budget undergoes further discussions and potential adjustments, it is essential for South Africans to stay informed about these developments. Understanding the rationale behind the proposed changes and their intended benefits can help citizens navigate the evolving economic landscape and make informed decisions about their finances and well-being.



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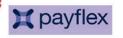


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Traditional South African Recipes to Try This Season

aster in South Africa is a time for faith, family, and, of course, delicious food. Whether enjoyed after a church service or at a relaxed family gathering, traditional Easter dishes bring people together and celebrate the country's rich culinary heritage. From the tangy taste of pickled fish to the warm spiced

flavour of hot cross buns, these foods have been passed down through generations, making Easter meals extra special.

If you're looking to add a traditional touch to your Easter table this year, here are some beloved South African recipes to try.

Pickled Fish — A Cape Malay Easter Favourite

A staple in many Cape Town households, pickled fish is often prepared in advance and enjoyed cold over the Easter weekend. This dish, believed to have its roots in the Cape Malay community, combines sweet, sour, and spicy flavours for a unique and refreshing taste.

- 1 kg firm white fish (such as hake or kingklip), filleted
- 1 large onion, sliced
- 2 tablespoons curry powder
- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon salt
- 2 tablespoons white vinegar
- 1 tablespoon sugar
- 1 cup water
- 2 tablespoons vegetable oil

- 1. Heat the oil in a pan and sauté the onions until soft.
- 2. Add the curry powder, turmeric, cumin, and coriander. Stir for a minute to release the flavours.
- 3. Pour in the vinegar, sugar, and water, then simmer for 5 minutes.
- 4. Lightly fry the fish in another pan until just cooked.
- 5. Layer the fish and onion mixture in a glass dish, ensuring the fish is well
- 6. Let it marinate in the fridge for at least 24 hours before serving.
- 7. Pickled fish is traditionally served with warm bread or freshly baked hot cross

Hot Cross Buns — A Sweet Easter Tradition

These soft, spiced buns, marked with a symbolic cross, are a must-have treat for Good Friday. Their slightly sweet taste and fragrant spices make them a favourite among both young and old.

Ingredients:

- 4 cups flour
- 1 packet (10g) instant yeas
- 1/4 cup sugar
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 cup warm milk
- 1/4 cup butter, melted
- 1 egg
- 1 cup raisins or currants

For the cross:

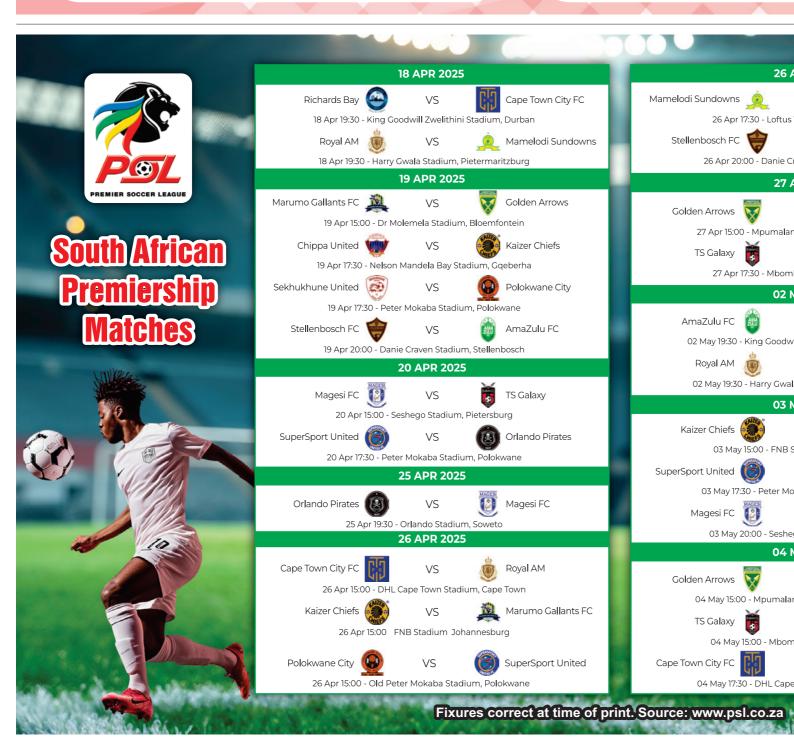
- 1/2 cup flour
- 5 tablespoons water

For the glaze:

2 tablespoons apricot jam, warm

- 1. In a bowl, mix flour, yeast, sugar, salt, cinnamon, and nutmeg.
- 2. Add the warm milk, melted butter, and egg. Stir until combined.
- 3. Knead the dough for 10 minutes, then add the raisins. Let it rise for an hour.
- 4. Divide into equal portions, roll into balls, and place on a baking tray. Let rise for another 30 minutes.
- 5. Mix flour and water to form a thick paste, then pipe a cross on each bun.
- 6. Bake at 180°C for 20–25 minutes until golden brown.
- 7. Brush with apricot jam while still warm for a glossy finish.

Enjoy them fresh out of the oven with butter or alongside a cup of tea. So, as you gather around the table this Easter, take a moment to savour the flavours and appreciate the time spent with family and friends. Happy Easter and happy cooking!





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