



SECRET SEVEN RECIPE

OLD-FASHIONED LEMONADE

MAKES 6 SERVINGS

INGREDIENTS

6 lemons
1 cup white sugar
6 cups cold water

METHOD

Roll the lemons between your hand and counter top before cutting in half ready to juice. Juice the lemons into a big jug.

Pour in the 1 cup sugar and 6 cups cold water; stir well.

Taste a little, and pour in a bit more water at a time if too sweet or sharp. Add in a spoonful of sugar at a time if not sweet enough.

Chill in the fridge, and serve with ice cubes.



SECRET SEVEN RECIPE

OATMEAL BISCUITS

MAKES 24 BISCUITS

INGREDIENTS

1 cup butter	1 teaspoon salt
2 cups brown sugar	1 teaspoon baking soda
2 eggs	3 cups porridge oats
1 teaspoon vanilla	1/2 cup chopped pecans
1 1/2 cup self-raising flour	

METHOD

In a big bowl, mix shortening with the sugar with a wooden spoon until the mix is light in colour and well combined.

Beat the eggs together with a whisk in a separate little bowl, and then stir in the vanilla. Add this mix to the butter and sugar mix and stir well.

In a separate bowl combine the flour, salt and baking soda. Mix carefully into your eggs, butter and sugar mixture until well combined. Now add the porridge oats and mix well again. Finally add the chopped pecans and mix well to combine.

Divide the dough in half and place each half of the dough onto a sheet of waxed paper. Roll the dough into a log and then wrap it tightly in the waxed paper. Now you can either chill or freeze the dough until later, or you can go ahead and slice the dough evenly into 1/2 inch thick biscuit rounds.

When you are ready to bake them, place them on a baking sheet and bake at 350 degrees F or 180 degrees C for 10 minutes until they are golden brown.