

## Lemonade Scones

This recipe has been passed on from Mother to Daughter and between Sisters and Sisters in-Law i.e. written on the back of envelopes at family gatherings with no real exact science or formal recipe. They are great tasting and a very quick way to make scones. This recipe makes about 25–30 scones. They make for a very yummy morning tea. Enjoy!

### Ingredients

- 3 Cups of Self Raising Flour
- 1 Small Carton of Cream
- 1 Small Can of Lemonade (may need a little more depending on mixture consistency)
- 1/4 Cup of Sugar

### Instructions

1. Preheat oven
2. Grease baking tray
3. Mix all ingredients together
4. Knead (a little)
5. Pad out to 1 inch thick
6. Cut into shape
7. Place on baking tray—MUST BE CLOSE TOGETHER / TOUCHING
8. Cook at 220°C for 20 minutes or until cooked through.

GOOD LUCK!

## Soothe The Soul For Cheap

With life's stresses becoming more intense, finding effective ways to relax is taking on more importance. But relaxation should not necessarily mean huge expense! Here are four sure-fire cheap techniques to help you unwind.

**Meditation**—Neuroscientists have found that meditation affects brain activity by shifting waves in the brain's stress-prone areas to the calmer left frontal cortex. This shift reduces the negative effects of stress, mild depression and anxiety. One simple technique you can use in the comfort of your own home is to sit on the floor, straighten you back, put your hands on your lap one on top of the other (palms facing up), close your eyes and begin to breathe deeply and slowly in and out.

**Yoga**— Yoga helps achieve an emotional balance through detachment. This in turn builds calmness

and a positive outlook, which also benefits your physical health. Yoga has gained immense popularity over the past ten years and yoga studios can be found in even the smallest country towns. Expect to pay \$5+ per yoga session.

**Music**— An underrated way of winding down, some laid-back chill out music - like Sade— will soothe your state of mind more than you might realize. Such music has been proven to slow down the heartbeat and the rate at which you breathe and think, therefore prompting relaxation.

**Massage**—For those with partners massage is the cheapest self—indulgence there is. Massage stimulates the release of endorphins, the body's natural "feel good" chemicals, to help induce relaxation and a sense of well-being.

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