

## Easy Biscuit Recipe: Activity for Seniors

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### Ingredients :

- 80 grams of soft butter
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 100 grams of sugar (1/2 cup)
- 1 egg
- 65 ml milk
- 320 grams of wheat flour (1+2/3 cups +1 tbsp)
- 1.5 teaspoons baking powder

### Instruction :

1. Preheat oven to 180 degrees.

2. In a bowl or food processor, add butter, vanilla essence, plain flour, baking powder, and raw sugar. You can use a food processor to blitz the mixture, or if you prefer a hands-on approach, manually rub the ingredients into the butter with your fingertips until it becomes crumbly. Both methods work just as well!



**3.** Now, add the egg and water to the mixture. If using a food processor, blitz the mixture again until a smooth dough forms. Alternatively, you can mix the ingredients with a wooden spoon until the dough comes together.



**4.** Cover the dough with cling wrap and place it in the refrigerator to chill for 15-20 minutes. Chilling the dough will make it easier to work with and will result in better-shaped biscuits.



**5.** Once the dough has chilled, take it out of the refrigerator and flour a board. Roll out the dough until it's around 4mm thick. Seniors may need some assistance with this step, so be sure to lend a helping hand.



6. Bake the biscuits in the preheated oven for 12-15 minutes, or until they turn golden brown. Keep an eye on them to avoid overcooking.



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