

Calgary, Alberta

May 7th, 2007**SAHARA ENERGY –2006 YEAR END RESERVES AND OPERATIONAL UPDATE****FOR IMMEDIATE RELEASE**

CALGARY, ALBERTA, May 7th, 2007 – Sahara Energy Ltd. ("Sahara" or the "Company") is pleased to report that in accordance with National Instrument 51-101, DeGolyer and MacNaughton have completed the evaluation of the Company's reserves as of December 31st, 2006. Highlights of this report are as follows:

- Total Proved reserves of 544 M boe
- Total Proved plus probable reserves of 1,188 M boe
- Total proved, probable and possible reserves of 1,427 Mboe

SUMMARY OF RESERVES AS OF DECEMBER 31ST, 2006

Reserve Category	<i>Light Oil</i> (Mbbls)	<i>Heavy Oil</i> (Mbbls)	<i>Natural Gas</i> (mmscf)	<i>NGL</i> (Mbbls)
<i>Developed Producing</i>	28	207	-	-
<i>Developed Non-Producing</i>	-	12	610	3
<i>Undeveloped</i>	-	188	26	-
TOTAL PROVED	28	407	636	3
<i>Probable</i>	13	597	197	1
TOTAL PROVED + PROBABLE	41	1004	833	4
<i>Possible</i>	-	239	-	-
TOTAL PROVED+PROBABLE+POSSIBLE	41	1243	833	4

Note:

The aforementioned reserve report does not include the recently drilled and producing Halway oil well at Gold Creek.

Sahara has participated in the drilling of 47 wells in 2006 and an additional 6 wells to date in 2007. The Company is currently producing 320 BOEPD which consists of 200 bpd of heavy oil, 55 bpd light oil and 400 mcf/d gas. Sahara has behind pipe production capability of 130 BOEPD consisting of 40 bpd oil and 600 mcf/d gas for total production capability of 450 BOEPD. Sahara's well count is now at 62 wells with an average 38% working interest.

The Sahara operated Gold Creek 4-26-68-6W6M Halfway gas well (20% interest), has the pipeline and facility construction completed with the well producing in excess of 700 mcf/d from the Halfway zone. With compression facilities currently being optimized the well is expected to produce at 1 mmcf/d.

At Gold Creek, Alberta, battery construction was completed on a non-operated Halfway oil well (17% interest) that was brought on production in April at an average production rate of 85 bopd.

At Simonette, Alberta, Sahara participated in a gas well (15% interest) that is presently producing 1 mmcf/d. The well is capable of producing over 3 mmcf/d, but is limited by pipeline restrictions. The operator of the well is currently resolving the pipeline issue.

Sahara will drill 10 development wells after spring break-up (9 heavy oil wells and 1 gas well). This drilling program is anticipated to have a significant impact on production and cash flow.

Sahara has filed the form 51-101F1, 51-101F2 and 51-101F3 disclosure relating to *National Instrument 51-101 – Standards of Disclosure for Oil and Gas Activities*, concerning Sahara's oil and gas reserves as at December 31, 2006. A copy of this document may be obtained at www.sedar.com.

Sahara is a junior oil and gas company focused on the exploration and development of oil and gas in western Canada.

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