

# Sisters for Yah

March 2014

## Ready for Spring?

I can't believe it! Winter is almost over, and it's about time. I admit that this was a particularly harsh winter in mid-Missouri and I was getting tired of it. I absolutely love springtime, (except of course, for nasal allergies and potential tornadoes!). There's just something about the world springing to life that puts a smile on my face and a spring in my step! Plus, soon it will be Yahweh's New Year. For my new readers, Yahweh begins His New Year in the spring, not in the dead of winter. Call us if you need further information.

This also means that it's time to start preparing for the spring Holy Days. **Passover will be in April** this year, but it's not too late to begin preparing. Many of you will be keeping Passover and the Feast of Unleavened Bread for the first time. Here's what you need to know: All leavening agents and leavened items will need to be removed from your home before you keep the spring Holy Days. Start using them up now! I, myself, have been on a baking frenzy trying to use up all my baking powder. Here's a short list of what needs to be used up or thrown away before Passover: baking powder, baking soda, cream of tartar, bread, most crackers, buns, biscuits, cake mixes, all-in-one baking mixes, cornbread mixes, flour tortillas, breaded fish and poultry, and some cereals. Check labels at the store! Even some food you would never think contains leavening does, such as certain ice creams. Call us if you have any questions about specific ingredients.



Keep in mind that some items that seem to be "leavened" are actually not. For instance, Brewer's yeast is NOT leavened and does not need to be removed, as it is not an active yeast form. In addition, you might see "autolyzed yeast extract" on many canned goods. This ingredient is a flavoring agent, not a leavening agent, so it is fine to eat during the Days of Unleavened Bread.

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I know the list of what you cannot eat is long, but trust me, you will not starve! Here's a brief list of what is fine to eat: all vegetables and fruits, dairy products, eggs, unbreaded meats, poultry and some fish, most cereals, pasta, rice, corn tortillas, nuts, seeds and, of course, any unleavened baked goods. Also, store bought Triscuit crackers (original variety) are unleavened and make good snacking crackers, especially with cheese or spread with peanut butter.

Have fun experimenting with unleavened recipes! You may find that you like some of your unleavened recipes even better than the ones with leavening. Below is a tried and true basic recipe for unleavened bread and is suitable for the Passover service. Also, if you are keeping Passover at home, try to find 100% grape juice. Almost all grocery stores will have it. Have a very blessed spring Holy Day season! In this issue and the next, we'll provide a range of unleavened recipes, but please try your hand at creating your own! A special note for those suffering gluten allergies: feel free to substitute gluten-free flour in any of the recipes which follow.

## RECIPES

### **Basic Unleavened Bread for Passover (Jan Mayer)**

4 cups flour  
1 t. salt  
2/3 cup cooking oil  
1 1/3 cup milk

Preheat oven to 400 degrees, and grease a cookie sheet. Combine the above ingredients to form a stiff dough. Roll out thin like pie crust. Cut into strips about 1 1/2 inches wide. Bake about 13 minutes until light brown in color.

This is the easiest recipe ever! And it always tastes yummy. You can sprinkle it with cinnamon and sugar to make it more dessert-like. It's also great with peanut butter and jelly or cream cheese.



### **Unleavened Snacking crackers (Melodie Illgen)**

2 cups wheat flour  
1 t. salt  
1/2 cup sesame seeds  
1/4 cup raw wheat germ  
1/4 cup olive or sunflower oil  
1/2 cup cold water  
Additional water



Blend flour, salt, seeds, and wheat germ. Add oil and mix with fork. Add cold water and mix well. Continue adding additional water a little at a time until dough is soft and workable. Knead 5-10 minutes. Take a golf ball sized lump and roll it as thin as possible. Cut with a cookie or biscuit cutter. Place on ungreased cookie sheet at 400 degrees, turning to lightly brown both sides. For a different taste, replace the flour with cornmeal, rye, or oat flour. Seeds can be replaced by sunflower or poppy seeds, or even coconut or chopped nuts. Any herb can be added also.

**Unleavened Chewy Peanut Butter Millet Bars (Melodie Illgen)**

3/4 cup natural creamy peanut butter, well stirred  
 1/2 cup honey  
 1/4 cup light agave nectar or maple syrup  
 1/2 t. salt  
 1 t. vanilla extract  
 4 cups puffed millet cereal  
 2/3 cup high quality semi-sweet chocolate chips, optional



Line an 8 inch by 8 inch baking pan with parchment paper. In a pot large enough to hold the puffed millet, heat the peanut butter, honey, agave nectar, salt, and vanilla over medium heat, stirring until well mixed and hot (but not bubbling). Remove from heat and add millet cereal. Mix until well coated. Transfer mixture to prepared pan, pressing into an even layer. Allow to cool. Melt chocolate chips in microwave and spread in an even layer over millet bars. Cool completely, then cut into squares with serrated knife. Makes 16 squares.

**Unleavened Applesauce Pancakes (Jan Meyer)**

1 1/2 cup flour  
 1 cup milk  
 4 eggs, well beaten  
 2 T. melted butter  
 3/4 cup applesauce

Blend all ingredients well. Drop in greased skillet. Brown on both sides. Serve with syrup or fruit.

**Unleavened Gluten-free Blender Pancakes (Anonymous)**

1/2 cup quick cooking oats  
 1/2 cup cottage cheese  
 1 t. vanilla extract  
 1 t. cinnamon  
 2 eggs



Pour all in a blender and blend gently until combined. Cook in a greases skillet. Serve with your choice of toppings, such as maple syrup or fruit. Blueberries are especially good.

**Easiest 3 ingredient Peanut Butter Cookies (Anonymous)**

1 cup peanut butter  
 1/3 cup honey  
 1 egg  
 Handful of chocolate chips or raisins, optional



Line a cookie sheet with parchment paper. Blend all ingredients and drop by tablespoon. These cookies won't rise hardly at all so feel free to drop close together. Bake at 350 degrees for 8 minutes. Be careful; these are thin and can burn if left too long in the oven. Cool completely.



Yahweh's Assembly in Yahshua  
2963 County Road 233  
Kingdom City, Missouri 65262

Main Line: 1-573-642-4100  
Toll Free: 1-877-642-4101  
Fax Line: 1-573-642-4104  
Website: www.SistersForYah.org



## Copycat Orange Frothy Drink (Anonymous)

This tastes almost exactly like the one found at a popular juice bar chain.

1 (6 oz) can of orange juice concentrate,  
thawed and undiluted

1 cup milk

1 cup water

1/4 cup sugar (or substitute)

1 t. vanilla extract

8 ice cubes

1 T. instant vanilla pudding powder.

Place in blender and blend until frothy.



## RECIPES...,CONT.

### Unleavened Cheesy Squares (Carrie Brett)

1 pound any cheese, grated

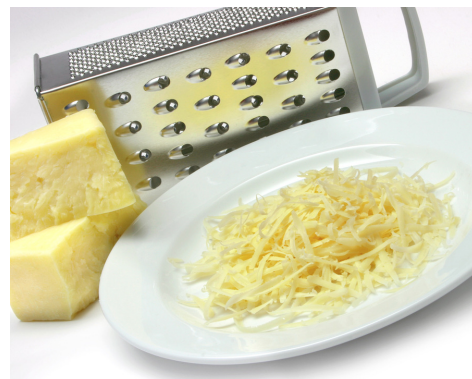
3 eggs

1 1/3 cup milk

1 cup flour

1/2 cup melted butter

Blend all ingredients and pour into a greased square pan.  
Bake at 350 degrees for about 45 minutes.



### Healthy Unleavened Apricot Bars (Anonymous)

1/3 cup honey

1/3 cup molasses

1/3 cup oil

1/4 cup orange juice

1 1/2 cup dry oatmeal

1 cup flour

1 cup snipped dried apricots

1 cup raisins

1/2 cup toasted wheat germ

Pinch salt



Combine ingredients and press into a well-greased 9 inch square pan. Bake at 375 for about 25 minutes. Cool completely, then cut into squares.