

Sisters for Yah

March 2016



Volume 10, Issue 3

Inside this issue:

Spring is in the air!	1
Helpful articles	2
Unleavened Recipes	3
Unleavened Recipes	4

Spring is in the air!

Those of us who live in the Midwest sometimes feel that winter will never end! But end, it does, eventually. And now it's time to prepare for Yahweh's new year, in which we keep Passover and the Feast of Unleavened Bread. While the spring Holy Days are still a month away, it is not too early to begin necessary preparations. Our houses need to be "de-leavened" of course, and we also need to examine ourselves to make sure we are still dedicated to Yahweh!

If you are new to the faith, now is the time to use up anything that contains leaven, or discard it if you cannot use it up before Passover. Be sure to search your refrigerator, freezer, and kitchen cabinets for items that contain the following: yeast, baking soda, baking powder, sodium bicarbonate, sourdough starter, ammonium bicarbonate, ammonium carbonate, and potassium bicarbonate.

Also, be aware that some items appear to be leavening agents, but are actually flavor enhancers or binders. You do **NOT** need to remove the following: brewer's yeast, autolyzed yeast extract, torula yeast, nutritional yeast, yeast extract, eggs and egg whites, cream of tartar, tart rate powder, alum, sorbitan monostearate.

Pay close attention to the following items, as most contain leavening and must be removed: flour tortillas, breaded meats (fish, chicken, etc.), pizza crusts, bread, muffin mixes, all-purpose baking mixes, buns, cake mixes, some cereals, waffles, pancakes, and even some ice creams can contain baking soda.

We've included some good recipes suitable for the Feast of Unleavened Bread for your convenience. Please feel free to call us at YAIY if you should need further information. Have a blessed Passover and Feast of Unleavened Bread!



So what can I eat?

Many new believers panic the first year they begin keeping the Feast of Unleavened Bread. They worry that there won't be enough food to eat. And some wonder if they are allowed to eat **ONLY** unleavened bread for the entire seven days, and nothing else! Don't despair, you won't starve! The following items are completely acceptable to consume:

1. All fruits and vegetables, as long as they are not "breaded" (sorry, you can't have yummy fried breaded zucchini sticks!).
2. Eggs, milk, cheese, and dairy products are fine.
3. Most hot and cold cereals are safe, but double check labels.
4. Pasta, rice, and beans are fine.
5. Un-breaded poultry, meat, and fish are acceptable.
6. Corn tortillas are usually safe.
7. In addition, be aware if you eat out in restaurants. Most places will automatically put bread on the table as a courtesy to their customers. Have them remove it immediately, or put it to the side so you don't "accidentally" eat it.



PREPARE YOUR HEARTS

Following in Yahshua's footsteps is a huge commitment. In a sense, keeping Passover is a rededicating of ourselves each year. We must not keep Passover in an unworthy manner. It is a serious memorial. Paul says we are to "examine" ourselves before partaking. We know that we are to grow in grace and knowledge. Keep in mind that you do not have to be perfect to keep Passover. Here are some helpful questions to ask yourself:

1. Do I still love Yahweh and Yahshua?
2. Am I still committed to obeying Yahweh?
3. Am I trying to become more like Yahshua?
4. Do I sincerely repent when I sin?
5. Do I try to overcome my sinful tendencies, or do I simply ignore the things that make me stumble?
6. Do I pray often and ask Yahweh for help?
7. Am I trying to grow spiritually?
8. Am I making an effort to be a better servant, parent, spouse, co-worker, sibling, child, employer, or employee?
9. Do I try to help other members of the Body of Messiah?
10. Am I still committed to living Yahweh's way?
11. Am I still committed to sharing the truth with the world?

Don't get discouraged if you are failing in any of these areas. Simply pray that Yahweh will help you become the servant that He has called you to be, make the commitment, then keep moving forward!



EASY UNLEAVENED RECIPES!

Here are some fun recipes to get you started. Be creative and try your own favorite ideas!

Tried and true Unleavened Bread

4 cups flour (feel free to substitute gluten free flour if needed)

1 t. salt

2/3 cup oil

1 1/3 cup milk



Preheat oven to 400 degrees. Stir all the ingredients into a smooth ball. Divide in half and roll between wax paper. Bake on two greased cookie sheets until golden brown, about 13 minutes. Let cool, then brake into pieces.

Unleavened Corn Muffins

1 cup cornmeal

1 cup flour

1/4 cup sugar

1 t. salt

1 egg

1/4 cup melted butter

1 cup milk

Preheat oven to 425 degrees. Grease 12 cup muffin pan. Mix all ingredients. Pour into prepared muffin cups. Bake about 20 minutes or until inserted toothpick comes out clean.



Wonderful Unleavened Almond Bread

4 eggs

3 cups flour

1 cup sugar

1 small bag slivered almonds

3/4 cup oil or melted butter

1 t. almond extract.

Preheat oven to 350 degrees. Gently mix to combine all the ingredients. Pour into 2 loaf pans. Bake until center is set, about 30 minutes. Allow to cool completely before slicing. To make it even more indulgent, you can top it with cream cheese frosting.



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



Unleavened Butterscotch Brownies

1/2 cup soft butter
1 t. vanilla extract
1 cup brown sugar
1 cup flour
2 eggs
1/4 t. salt



Preheat oven to 350 degrees. Combine all ingredients. Pour into greased 8 inch baking pan.

Bake about 30 minutes or until center is set. Let cool, then cut into squares. Delicious with a scoop of vanilla ice cream!



Unleavened Spicy Nut Bars

1/2 cup soft butter
1/4 t. nutmeg
1/2 cup vegetable shortening
1 egg
1 cup sugar
2 cups flour
1/2 t. cinnamon
1/2 t. salt
1 t. vanilla extract
1/3 cup chopped nuts (can substitute shredded coconut

or dried fruit if you don't like nuts)

Preheat oven to 350. Blend the dry ingredients. In a separate bowl, mix the wet ingredients, then add in the dry ingredients. Press into a shallow 15 by 10 pan. Bake 25 to 30 minutes. Allow to cool, then cut into squares.



Unleavened Cheesy Bread

1 lb. shredded cheese, your favorite
3 eggs
1 1/3 cup milk
1 cup flour
1/2 cup melted butter
1 t. salt

Blend all. Pour into greased square pan and bake at 350 degrees for about 45 minutes, or until center is set. Cut in squares.