

# Sisters for Yah

## Preparing our hearts and minds for Passover

Yahweh's people are starting to prepare for Passover! It's time to clean out your kitchen shelves, fridges, and freezers of leavening and leavened products. For those who are new to this way of life, leavening agents "puff up" food, such as in breads, rolls, cakes, pizza crusts, cookies, store-bought flour tortillas, muffins, some cereals, and some ice-creams. Foods containing leavening must be used up or discarded before Passover. Here is a list of leavening agents that you will need to be aware of: **brewer's yeast, monocalcium phosphate, baking powder, baking soda, cake flour, self-rising flour, sourdough, yeast, baker's yeast, active dried yeast, ammonium carbonate, ammonium bicarbonate, potassium carbonate, potassium bicarbonate, and dipotassium carbonate.**

Be sure to read labels very carefully! I was shocked to find leavening in ice creams that contain cookie dough and brownies. In this issue, we provided a wide variety of unleavened recipes to get you started. But you can find numerous unleavened recipes on the internet.



Another important thing to keep in mind is that some ingredients might sound like leavening, but are not. You might see "yeast extract" and "autolyzed yeast extract." These are flavorings and not considered leavening. Also, even though eggs can "puff up" food when whipped, they are not consid-

ered leavening by themselves. Eggs are used more as a "binding" agent in baked goods.

Besides preparing ourselves physically, this is a very good time to do some serious self-examination. We do not want to take Passover unworthily. This does not mean you need to be perfect to keep Passover. It just means you need to make sure you are still committed to Yahweh and His way of life. We must be in this way, all the way. Yahweh will not accept only a partial commitment from His people.

Many new people worry when they find out that we are not allowed to eat leavening for the whole week of Passover and the Feast of Unleavened Bread. Don't fret! There are lots of foods to eat. Fruits, vegetables, eggs, grains, nuts, seeds, dairy products, unbreaded fish, poultry, and clean meats are fine. You may actually find yourself feeling a bit healthier after giving up "puffy" breads for a week. May Yahweh bless you during this set-apart time!

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**Super Easy Passover Bread**

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

Preheat oven to 400 degrees. Mix all the ingredients with a fork. Divide into two firm balls. Roll each between waxed paper. Place on two ungreased cookie sheets. Bake until golden brown. This bread is very versatile. Some people make it more “dessert-like” by adding sugar and cinnamon during the days of Unleavened Bread. It can even be used as pizza crust. For breakfast, consider enjoying it with peanut butter and jam.

**Soft Unleavened Sandwich Bread**

- 3 cups whole wheat flour
- 1 t. salt
- 1 1/2 cups milk
- 4 eggs, beaten
- 2 T. melted butter

Beat all ingredients and pour onto a greased cookie sheet. Bake at 450 degrees about 20 minutes. Cut into “sandwich-sized” squares. Tastes great with the egg salad recipe below.

**Delightful Brunch Egg Salad**

- 8 eggs, hard-cooked and chopped
- 1/2 cup mayonnaise
- 1 t. yellow mustard
- 1/4 cup sliced green onions
- 1/4 t. paprika
- Salt and pepper, to taste

Mix all ingredients together and enjoy on unleavened sandwich bread.

**Cheese Lovers Unleavened Squares**

- 1 pound shredded mild-flavored cheese, such as cheddar or Monterey Jack (or a combination of both types)
- 3 eggs, beaten,
- 1 1/3 cup milk
- 1/2 cup melted butter
- 1 cup flour
- 1 t. salt

Preheat oven to 350 degrees. Mix all ingredients well. Pour into greased 9 by 13 inch pan. Bake about 45 minutes until middle is cooked through. Allow to cool a bit before slicing into squares.



## Healthy Black Bean Enchiladas

1 large sweet potato, cubed  
 1 onion, chopped  
 1 red bell pepper, chopped  
 1 T. oil  
 1/2 cup cilantro  
 1 t. smoked paprika  
 1/2 t. garlic powder  
 1/2 t. dried cumin  
 1.2 t. dried coriander  
 1/2 t. black pepper  
 1 can black beans, drained and rinsed  
 1 can (15 oz.) enchilada sauce  
 12 (6 inch) corn tortillas  
 2 cups Monterey Jack cheese, shredded

Optional Toppings: Cubed avocado, salsa, hot sauce, sour cream, fresh cilantro.

Make the filling: Toss the sweet potato, onion, and red bell pepper with oil, and roast on a cookie sheet at 400 degrees, until fork tender, about 20 minutes. In a large bowl, mix the enchilada sauce and all the spices. Add the roasted veggies. Toss in the black beans. In a 9 by 13 inch baking pan, pour a little of the sauce in the bottom. Top with four corn tortillas. Continue layering. Top with the cheese. Bake at 400 degrees until hot and bubbly. Serve with your favorite toppings.



## Unleavened Almond Sweet Bread

4 eggs, beaten  
 3 cups flour  
 1 cup sugar  
 1 small bag slivered almonds  
 3/4 cup melted butter  
 1 t. almond extract

Preheat oven to 350 degrees. Grease two loaf pans and pour in batter. Bake about 30 minutes until toothpick inserted in center comes out clean.

## Do-it-yourself Flour Tortillas

2 cups all purpose flour  
 1/2 t. salt  
 3/4 cup water  
 3 T. oil  
 Additional flour or water, as needed, to make a firm but pliable dough

Mix ingredients well. Knead about 12 times. Let dough rest about 10 minutes. Divide into 8 balls on lightly floured surface. Roll each ball into a circle about 7 inches in diameter. Heat a skillet with cooking oil. Cook each circle about 1 minute each side until lightly browned.



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## Peanut Kiss Cookies

1 cup peanut butter  
1 cup sugar  
1 egg  
1 t. vanilla  
30 milk chocolate kisses

Mix ingredients, except kisses. Place 1 1/4 inch balls 2 inches apart on ungreased cookie sheets. Bake about 12 minutes at 350. Press one chocolate kiss on top of each cookie to melt slightly.



## Unleavened Brownies

4 eggs, beaten  
3/4 cup oil  
2 t. vanilla  
1 1/2 cup flour  
3/4 cup unsweetened cocoa powder  
1 t. salt

Fudge sauce or vanilla ice cream to serve

Preheat oven to 350 degrees. Mix all ingredients until combined. Try not to overmix. Pour batter into greased 9 by 13 inch pan. Bake about 25 minutes until toothpick inserted in center comes out clean.

## Bread of Affliction

1 cup flour  
1/3 cup oil  
1/8 t. salt  
1/3 cup water

Mix ingredients. Line a baking sheet with parchment. Roll dough between waxed paper. Bake the dough on the parchment paper at 425 degrees for about 10 minutes. Break into pieces.

