

# Sisters for Yah

## ARE YOU READY?

Spring is almost here! I can feel it in my bones. Before we know it, Passover and the Feast of Unleavened Bread will be here. Even though we still have a month before the spring Holy Days, it's definitely a good idea to start looking through your kitchen cabinets, freezers, and pantries for leavening to use up or discard. If you are new to this way of life, finding leavening might be a challenge. Keep in mind that leavening causes food to "puff up." So think of using up the following for starters: Loaves of bread, buns, biscuits, cake mixes, self-rising flour, active dried yeast, pancakes, waffles, English muffins, and most muffins in general, store-bought flour tortillas, most cookies, and some pie crusts. Read labels carefully! The above items are not an all-inclusive list. Many of us have found leavening in unexpected places like ice cream, believe it or not. In this issue, I'll include some unleavened recipes to get you started. But enjoy experimenting with new recipes! Check out our Sisters for Yahweh website for lots of ideas.



Besides cleaning out our homes of leavening, we must clean out our spiritual lives too. Every year that we observe Passover, we recommit ourselves to Yahshua. At baptism our sins were washed away and we became a new creation. Our slates were wiped clean. The "cleanness" doesn't last long, as most of us can attest. Sins that

we thought were gone, come back to bite us. We may even question if we are even truly converted. Have no fear. It is normal to have struggles as a new believer, and even longtime members have their struggles. But as long as you still desire to obey Yahweh, you are in a safe place. He can work with a humble, teachable person.

This is also the time of year to make sure you don't partake of Passover in an unworthy manner. Ask Yahweh to cleanse anything in your life that is not of Him. Examine yourself. Don't be discouraged if you discover areas you need to work on. This is a good thing! Growth is a lifetime endeavor.

.... May you all have a meaningful Passover  
and Feast of Unleavened Bread.

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## No-fail Unleavened Bread

4 cups all-purpose flour  
1 t. salt  
2/3 cup cooking oil, your favorite  
1 1/3 cup milk

Preheat oven to 400 degrees. Mix all the above ingredients. Divide into two balls. Roll between wax paper until very thin like pie crust. Bake on ungreased cookie sheets until lightly brown, about 12 to 15 minutes. This bread is very versatile. Some make it more dessert-like by sprinkling it with cinnamon and sugar. Some even use it as a pizza crust. I like mine spread with peanut butter and grape jelly.



## Unleavened Corn Muffins

1 cup cornmeal  
1 cup flour  
1/4 cup sugar  
1 egg, beaten  
1/4 cup melted butter  
1 cup milk

Preheat oven to 425 degrees. Line a 12-cup muffin pan with paper liners. Bake about 20 to 25 minutes. Check to make sure the middle is cooked through. These are great alongside a steaming bowl of chili.



## Delightful Unleavened Cheese Squares

8 ounces grated medium cheddar  
8 ounces grated Monterey Jack cheese  
1 cup flour  
1 t. salt  
3 eggs, beaten  
1 1/3 cup milk  
1/2 cup melted butter

Preheat oven to 350 degrees. Combine all the ingredients in a large mixing bowl. Pour into a greased 9 inch by 13 inch baking pan. Bake about 45 minutes until the middle is completely cooked through. Let sit for about 20 minutes. Cut into squares.

## Unleavened Chicken Enchilada Casserole

14 corn tortillas, cut in strips  
 1 pound cooked chicken breast, shredded  
 2 T. taco seasoning (from a taco seasoning packet)  
 8 ounces shredded mozzarella cheese  
 1 cup salsa, your favorite  
 10 ounce can red enchilada sauce  
 10 ounce can green enchilada sauce  
 Chopped tomatoes, to garnish, optional  
 Chopped cilantro leaves, to garnish, optional  
 Sour cream, to serve, optional



Mix the 2 cans of sauce and the salsa. Spread about a 1/4 cup in the bottom of a baking pan. Lay about 1/3 of the corn tortilla strips in bottom of pan.. Put half the chicken, and half the cheese over. Cover with some sauce. Layer more corn tortillas. Put the rest of the chicken and a little more cheese over that. Finish off with the final tortillas and sauce. Top it off with the remaining cheese. Bake at 350 degrees until heated through. Tastes great with Spanish rice on the side! Recipe follows:

### Spanish Rice:

2 T. oil  
 2 T. minced onion  
 1 1/2 cups uncooked white rice  
 2 cups chicken broth  
 1 cup picante sauce

Heat the oil in a large skillet and cook the onion about 5 minutes. Add the rice and sauté a few minutes. Add the rest of the ingredients and simmer on low, covered, until all the liquid is absorbed. Fluff with fork.



## Peanut Butter Kiss Cookies

1 cup white sugar  
 1 cup creamy peanut butter  
 1 egg, beaten  
 18 chocolate candy kisses, unwrapped

Preheat oven to 350 degrees. Mix the first 3 ingredients and place in fridge for 30 minutes. Divide into 18 balls. Place on parchment paper-lined baking pan, pressing to flatten each ball. Bake about 10 minutes until the edges are set. Place a candy kiss on each one and allow to soften a minute in the hot oven. Remove and cool completely.



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## Whole Wheat Widows Bread (1 Kings)

1 cup whole wheat flour  
2 T. oil  
1/2 cup water



Preheat oven to 350 degrees. Blend all the ingredients. Knead on a floured surface for 5 minutes. Turn out on a greased cookie sheet and press into pan. Bake about 20 minutes. Once

cooled, cut or tear into the size you prefer. This bread is very bland and basic, but you can drizzle it with honey, butter, jam, jelly, peanut butter, or even chocolate hazelnut spread. Some even use it to make a sandwich with their favorite meat and cheese. This is a good bread for those who are trying to get more whole grains in their diet.

## Unleavened Sweet Almond Bread

4 large 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. Pour half of batter in each pan. Bake about 30 minutes until toothpick inserted in center comes out clean. Allow to cool before slicing.



## Unleavened Butter Cookies

1 cup soft unsalted butter  
2 t. vanilla extract  
3/4 cup powdered sugar  
1 1/2 cups flour  
1/4 t. salt

Mix and divide into 30 balls. Place on parchment paper-lined cookie sheets. Flatten the balls out with a fork. Set in freezer for 20 minutes to firm them up. Bake at 325 degrees about 20 minutes. Cookies should still be a light yellow color.