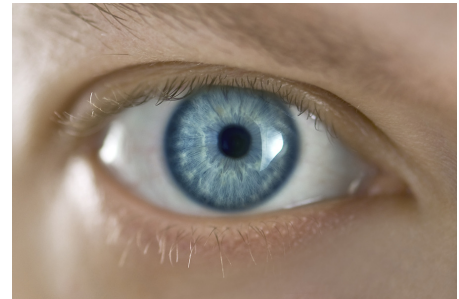


Sisters for Yah

WARNING: Dates on your calendar are closer than they appear!

As I sit down to write this article, there is still snow on the ground, but I know that Passover and the Feast of Unleavened Bread are right around the corner, and now is the time to start using up leavening in our homes. I looked through my freezer and cabinets and was shocked to find tons of leavened items! Okay, so no more buying bread, flour tortillas, and breaded chicken in bulk until after the Feast. Read those labels on food! For those of you who are new, here's what you need to be on the lookout for:

1. Sodium bicarbonate
2. Baking soda
3. Yeast
4. Sourdough starter
5. Baking powder
6. Ammonium bicarbonate
7. Ammonium carbonate
8. Potassium bicarbonate.



The following are **NOT** considered leavening:

1. Brewer's yeast (cannot leaven as it is a "dead" form)
2. Autolyzed yeast extract (this is a flavoring additive)
3. Torula yeast (a nutritional additive)
4. Yeast extract (a flavoring)
5. Eggs and egg whites (not a natural leavening, used as a binder in most recipes)
6. Steam or air (it can "puff up" but not in the normal sense of leavening)
7. Cream of tartar (by itself cannot leaven)
8. Tartrate powder (by itself cannot leaven)
9. Alum, sorbitan monostearate, sodium caseinate, sodium silicoaluminate, polysorbate 60 (all texture enhancers, not leaveners)



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Okay, so what can I eat during the Feast of Unleavened Bread?

The list of items you cannot eat may seem daunting, but don't worry, you won't starve. A lot of food is unleavened. Feel free to eat the following:

1. Rice and pasta, including sauces that don't contain leavening.
2. All Fruits and vegetables.
3. Un-breaded meats, fish, and poultry (unless you bread it yourself using unleavened items, such as crushed nuts, plain seasoned flour, or dry instant mashed potatoes).
4. Any unleavened breads, muffins, crackers, flour tortillas that you make yourself or buy (for instance, plain Triscuit crackers are fine as they contain no leavening. Be careful of the flavored varieties).
5. Eggs and dairy products are fine.
6. Corn tortillas and hard taco shells are generally unleavened. But check to be sure. Avoid store bought flour tortillas as most contain yeast and/or baking soda.
7. Unleavened desserts are fine such as ice cream, unleavened cookies, and desserts made with puff pastry (check labels—most store bought puff pasty is unleavened). Also many store bought pies don't contain leavening.
8. Beans, and legumes, such as, peas are fine. Nuts and seeds are fine too.
9. When baking during the Feast of Unleavened Bread, use regular flours, not the self rising kinds. Also, avoid multi-purpose baking mixes such as Bisquick.

Some easy Unleavened recipes

Basic Unleavened Bread:

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

Preheat oven to 400 degrees. Mix all ingredients until a firm dough forms. Divide in half. Roll out thin between wax paper and cut into strips about 1 1/2 inches wide. Bake on two greased cookie sheets for about 13 minutes or until golden brown. This makes a large amount. You can make this more dessert-like by sprinkling it with cinnamon and sugar. But, it tastes great plain, or spread with cream cheese or even peanut butter and jelly.

Sweet Almond Tea Bread:

- 4 eggs
- 3 cups flour
- 1 cup sugar
- 1 small bag slivered almonds
- 3/4 cup oil or melted butter

Preheat oven to 350 degrees. Blend all the ingredients and pour into two lightly greased loaf pans. Bake for about 30 minutes, or until center is set and knife comes out clean. Cool completely then slice.



Self-examination before Passover

The Apostle Paul says we are to examine ourselves before partaking of the Passover emblems, so that we do not take the emblems unworthily. Now, we all know that none of us are perfect, but we need to ask ourselves some difficult questions. Think of Passover as a rededication of your commitment to Messiah Yahshua.

1. Am I still committed to following Yahweh in every way?
2. Am I still trying to walk in Yahshua's footsteps? We all fall down sometimes, but as long as we still repent and continue on the correct path, we are doing okay.
3. Am I actively praying, fasting, meditating, and studying the Bible?
4. Am I striving to grow in grace and knowledge?
5. Am I trying to become a better husband, wife, father, mother, worker?
6. Am I actively trying to overcome sins and bad habits?

More easy recipes

Healthy High-fiber Unleavened Bread:

1 cup whole wheat flour
1 cup instant oatmeal
Pinch of salt
1/4 cup olive oil
1 cup water

Blend all ingredients. Roll out thin with waxed paper. Cut in squares. Bake at 350 degrees on a cookie sheet until brown. Feel free to substitute gluten free flour if you are sensitive to wheat.

Unleavened "Sandwich" Bread:

3 cups flour
3 eggs
1/3 cup oil
1/2 to 1 t. salt
Water, enough to make it "pourable"

Blend all ingredients. Pour onto a well greased 15 by 10 inch pan. Bake at 375 degrees until firm. Oven temperatures vary, but it took mine about 25 minutes. You can cut this bread into sandwich sized pieces. Great to make egg salad sandwiches! Try this super simple **egg salad** recipe:

6 hard cooked eggs, peeled and chopped
1/4 cup mayo (more if needed)
1 T. regular yellow mustard
Salt and pepper, to taste, opt.
Lettuce leaves, to serve



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No-bake Unleavened Peanut Butter cookies

1 cup sugar
1 cup light corn syrup
5 cups corn flakes cereal
2 cups peanut butter

Bring sugar and syrup to a boil. Add the peanut butter. Mix in the corn flakes, then drop by tablespoonfuls onto a flat surface, such as countertop lined with wax paper. Cool completely.



Fun Lunch Ideas: you're the chef!

Multi-purpose Basic Unleavened tortillas or wraps (makes 8):

2 cups flour
1/2 t. salt
1 cup water
3 T. oil

Blend all into a smooth ball. You can add more flour to eliminate stickiness. Knead about six times. Divide into 8 balls and flatten each one into a 7 inch circle. Heat each one in a sprayed skillet on medium heat about a minute each side, or until slightly brown. These tortillas can then be used in a wide variety of recipes such as :



1. Burritos: add kosher refried beans, seasoned ground beef, or chicken, cheese, and top with sour cream.
2. Quesadillas: top with cheese and fold in half. Heat each side until cheese melts. Top with salsa and sour cream.
3. Sandwich wraps: use any kind of sandwich filling such as turkey and Swiss cheese with lettuce and tomato, peanut butter and jelly, egg salad, tuna salad, or roast beef and cheddar slices.
4. Soft tacos: add seasoned beef or chicken, along with cheese, shredded lettuce and tomato, and a dollop of sour cream.
5. Personal pizzas: top with pizza sauce, your favorite veggies and cheese. Broil till bubbly.
6. Whatever favorite recipes you have that require tortillas! Have fun experimenting during the days of unleavened bread!