

Unleavened Bread Recipe

(makes one loaf about the size of a dvd)

Combine together in a Ziploc baggie:

¼ cup whole wheat flour

1/8 cup white flour

Take the bag of flour. Into the bag, add the following:

1/8 tsp baking soda

1/8 tsp salt

1 tsp brown sugar

Mix the dry ingredients together until brown sugar is mixed in well.

Add in 1 tsp margarine into the bag and mix in well by squeezing bag.

Add in:

1/8 cup cold water

1 ½ tsp honey

and mix in well, until you have a soft dough.

Empty the contents into the bowl of flour (it is easiest if you turn the bag inside out) to coat the dough with flour. This will make it easier to handle.

Roll in flour before flattening.

Pat the dough into a round flat loaf – about the size of a large pancake or a dvd.

Place flattened dough on foil

Use a plastic knife to score your loaf into 8 pieces. (Like a pie)

Carefully place the foil with the dough onto the cookie sheet.

Bake 10 minutes at 350 degrees.

Why unleavened bread for the last supper (Passover)

Leavened and fermented grain products are prohibited to remember our freedom from Egyptian slavery. When the Jews escaped Egypt (led by Moses), they didn't have time to let their breads rise before going into the desert. Because of this, any type of leavened bread or bread product is prohibited during Passover.

