

Recipe for Unleavened Bread

Heat metal platters or cookie sheet in 375° oven.

1 1/2 cups stone ground whole wheat flour (or unbleached whole wheat flour). [I don't believe the Exodus Hebrews had white flour?! But Pastor Phil used white flour].

1/2 tsp salt

1 1/2 Tbsp Olive oil (if desired use 2 1/2 Tbsp)

1/2 to 2/3 cup ice water

Mix flour & salt, cut in olive oil with pastry blender 'til well mixed.

Add water little at a time 'til dough comes away from bowl.

Knead a bit.

Divide into two portions.

Flatten with fork or hand to about 1/4 " thick.

Put on heated platter. Prick with fork. Lightly sprinkle with salt.

Bake about 20-25 minutes.

Scriptures: Exodus 13:3-10

Leviticus 2:13

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