

This is a recipe for unleavened bread. It is one of my favorites because it is quick easy to make, and easy for kids to make. I remember my mom teaching me how to make it. We use unleavened bread for Holy Mass because that is what Jesus used. The Jewish people ate unleavened bread each year at Passover as a reminder of their flight from Egypt when Pharaoh finally let them go. They had to leave so quickly they didn't have time to wait for the bread to rise so they just mixed it up and cooked it. I personally eat this as part of my supper each Holy Thursday. I also make it for days when I go work in the woods making wood, because it is substantial and "sticks to your ribs!" Enjoy!

Unleavened Bread

Ma made this for us as kids on Holy Thursday

½ cup Whole wheat flour
½ cup white flour
½ tsp. baking. Soda
¼ tsp salt
2 Tbsp oil
2 Tbsp honey (1/2 buck wheat honey is really good)
1/3 cup water

Measure and mix together the dry ingredients. Add liquid ingredients and stir. Knead dough while spreading flour on the surface to prevent sticking. Shape the dough into. A circle flattening until it is about ½" thick. Score with a knife if desired. Place on a greased baking sheet. Bake in oven pre-heated to 350. Degrees for 10-12 minutes or until golden brown.