



UNLEAVENED BREAD

Eat the bread and talk about how the Hebrew people had to make bread quickly and get out of Egypt fast. The Egyptians wanted them GONE....NOW! Why?

- 2 c. unbleached whole grain flour
- 2/3 c. water
- 2 tsp honey
- 2 tsp olive oil
- 1 tsp kosher salt
- Provide a bowl, spoon, measuring utensils

Direct the kids to measure and to mix the ingredients together, adding the flour last. Mix until it pulls away from the sides of the bowl. Give each child a small ball of dough to knead and roll out. Provide a paper plate dusted with flour for this part. Glasses turned on their side make good rolling pins. Let kids poke a symbol, decoration, or initials into their bread using a fork. Bake the bread at 400 degrees for about 5-6 minutes. They should look dry on the surface and only lightly browned at the edges.

