



Unleavened Recipes



What Is Leaven?

Leaven is any substance that causes dough to rise in bread or other baked products, such as cakes, cookies, pancakes and other dessert items. Yeast, baking soda, or baking powder are all common leavening products. For a more complete list please see our website, yrm.org/leavening-agents.



Unleavening Our Lives

Each spring, prior to Passover and the Feast of Unleavened Bread, we are commanded to rid our homes, and our lives, of all leavened products. This scripturally mandated activity has ever since been known as “spring cleaning.” At this important time of year, leavening represents “sin,” the puffed up and vain self-centeredness of which we are all guilty. We thoroughly clean our dwellings of all products that contain leavening to demonstrate our desire to rid ourselves of this evil. When the ancient Israelites left Egypt in haste, having no time to make leavened bread, they demonstrated this form of obedience for us.

Our food, then, must not contain any leavening during the Feast days. This may seem like a daunting task to new believers, but, with a few adjustments, they will find that it is not hard to do. Thankfully we live in a society in which there is a variety of foods available and preparing meals that contain no leavening is relatively simple.

The nutrients found in leavened bread are also found in other grain products. In place of sugary cereals, try oatmeal, eggs, cheese, and fruit for breakfast. Rice, pasta, barley, and millet are just a few of the grains that round out a meal but beware of crackers and tortillas, as most contain leavening. Instead of cake, pies make a good leaven-free dessert. Crunchy carrots or crisp apples are delicious snacks, but, if you must have cookies, there are homemade recipes that contain no leavening. This may also be an opportune time to rely less on pre-packaged processed foods and to add more fresh vegetables and fruits to your family’s diet. You may be surprised at just how creative your cooking and how satisfying your meals will be.

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Passover Bagels

Margie Mansager

2 cups water ½ cups cooking oil
2 tablespoons sugar 2 cups matzo meal
5 eggs beaten

Preheat oven to 350 degrees.

Combine water, oil, and sugar. Mix in matzo meal and beaten eggs. Stir into a dough with oiled hands.

Pinch off pieces of dough. Shape each into a ball, flatten each slightly. Make a hole in the center of each dough ball with your finger.

Bake on oiled baking sheet at 350 degrees until bagels are golden.

Rye Bread

Margie Mansager

2 ½ cups rye flour 2 ½ cups cracked wheat
¼ cup molasses 1 ½ teaspoon salt
3 to 4 cups hot water

Preheat oven to 200 degrees.

Mix all together and put in bread pan. Bake 6 hours in 200-degree oven.

Healthy Unleavened Bread

Naomi Holm

| | |
|---------------------------|----------------|
| 1 ½ cup unbleached flour | 2 tsp honey |
| 1 ½ cup whole wheat flour | ½ tsp cinnamon |
| ½ cup olive oil | 1 cup raisins |
| 1 cup applesauce | 1 cup milk |

- 1) Preheat oven to 400 degrees. Mix all ingredients in a big bowl. Grease cookie sheet.
- 2) Spread mixture evenly until it is about ¼ inch thick.
- 3) Bake for approx. 20 min. or until light brown.
- 4) Cut into squares with butter knife. Cool squares & enjoy!

Fun Unleavened Bread

(Great for the kids)

| | |
|---------------------------------|-------------------------|
| 3 cups flour | 1 cup milk |
| ½ cup butter (room temperature) | 1/3 cup baking M&M's |
| 1/3 cup sugar | 1/3 cup chocolate chips |

- 1) Preheat oven to 350 degrees. Roll dough out into approx. ¼-inch thickness on floured surface.
- 2) Cut out desired shapes.
- 3) Put on greased cookie sheet.
- 4) Bake approx. 15 minutes

Unleavened Cheese Bread

Lendia Ball

½ lb. (8oz. pkg.) shredded Colby Jack cheese
1 cup all-purpose flour
½ lb. (8oz. pkg.) shredded cheddar cheese
1 1/3 cups milk
3 eggs
1 teaspoon salt
½ cup butter, melted

Preheated oven to 350 degrees.

Mix all of the above ingredients together and pour into a greased 9" x 13" cake pan.

Bake in a preheated 350-degree oven for 45 minutes.

Good cooled, better hot!

Note: If you want to add spice to your life, add a small can of jalapenos, juice and all, or fresh jalapenos.



Too Much Flat Bread

Cathey Hinson

3 cups flour 3 eggs
1/3 cup oil ½ teaspoon salt
2-1/3 cups water

Preheat oven to 375 degrees.

Mix all the ingredients together. Mix should be like a thick cake batter (may need a little more water).

Pour into a greased 9 x 13-inch pan and bake at 375 degrees for 20 minutes.

Passover Rolls

Cathey Hinson

2 cups matzo meal (found on Amazon) 1 teaspoon of salt
½ tablespoon sugar 1 cup water
½ cup coconut oil 4 eggs

Preheat oven to 375 degrees.

Lightly grease muffin tins.

In a large mixing bowl combine matzo meal, salt and sugar. Mix well.

Bring water and oil to a boil. Pour over the matzo meal mixture and stir until blended. Beat one egg at a time into the mixture. Let stand 15 minutes.

Shape dough into balls with oiled hands and place into muffin tins.

Bake at 375 degrees for 50 minutes.

Swiss Butterhorns

2 cups flour

¼ tsp salt

1/3 cup butter

1/3 cup margarine

1 egg yolk, beaten

¾ cup sour cream

½ cup sugar

½ cup finely chopped nuts

¾ tsp cinnamon

Frosting:

1 cup powdered sugar

2 Tbsp hot water

¼ tsp vanilla

Measure flour and salt into bowl. Cut in butter & margarine. Stir in egg yolk and sour cream. Mix well. Shape dough into ball. Wrap in wax paper & chill overnight.

Next day, divide dough into 3 parts. On a lightly floured board, roll each into a 12-inch circle & then cut each into 12 wedges. Blend sugar, nuts, and cinnamon. Sprinkle each wedge with sugar mixture and, starting at the wide end, roll up.

Place on greased baking sheets with point tucked underneath. Bake at 375 degrees for 20 to 25 minutes. While baking, blend frosting ingredients. Remove from oven. Frost at once. Makes 3 dozen.



Unleavened Pancakes or Waffles

| | |
|----------------------------------|---------------------|
| ½ cup oil | 3 eggs |
| ¼ teaspoon salt | 2 tablespoons sugar |
| 1 cup milk | 2 cups flour |
| 1 tablespoon cinnamon (optional) | |

Measure oil into mixing bowl. Add eggs and mix well. Add sugar and salt. Add milk and flour alternately.

Oil griddle or waffle iron well before using.

Bake until golden.

Apple Pancakes

Margie Mansager

| | |
|-----------------------|----------------------------------|
| 1 ½ cups sifted flour | 1 cup milk |
| 4 well beaten eggs | 2 tablespoon butter or margarine |
| ¾ cup applesauce | |

Sift Flour.

Combine milk, eggs, butter/margarine, and applesauce.

Add to flour. Mix well.

Drop onto hot greased griddle. Brown on both sides.

Golden Delight Pancakes

Loretta Thompson

| | |
|----------------------|--------------------|
| 1 cup cottage cheese | ¼ cup light oil |
| 6 large eggs | ¼ cup milk |
| ½ cup flour | 1 teaspoon vanilla |
| ¼ teaspoon salt | |

Heat griddle to 325 degrees and lightly oil.

Place all of the above ingredients into a blender. Blend on high speed for one minute, stopping once to stir down with a rubber spatula.

Use approximately ¼ cup of batter to make each 4” pancake. Lightly brown the pancakes on both sides, but do not overcook.

Serve with syrup, honey, yogurt or your choice. Our favorite toppings are blueberry sauce with a dusting of powder on top or strawberries and whipped cream. I’ve been making this recipe for over 45 years and my children loved them any time of year!



Scripture Cake

4 ½ cups – 1 Kings 4:22 (flour)
1 cup – Judges 5:25, last clause (butter)
2 cups – Jeremiah 6:20 (sugar)
2 cups – 1 Samuel 30:12 (raisins)
2 cups – Nahum 3:12 (fi
2 cups – Numbers 27:8 (chopped almonds)
2 tablespoons – 1 Samuel 14:25 (honey)
1 pinch – Leviticus 2:13 (salt)
6 – Jeremiah 17:11 (eggs)
½ cup – Judges 4:19 (milk)
Seasonings – 2 Chronicles 9:9 (spices)

Preheat oven to 325 degrees.

Following the directions of Solomon for bringing up a child, Proverbs 23:14, that is “beat him with a rod.” Since this is a simple butter cake, but with no leavening, bake it as a loaf at 325 degrees for about 50 minutes. When it tests done, turn out on a rack until cool. Slices best when cold.

Pound Cake

½ lb. butter 2 cups sugar
6 eggs, room temperature 2 cups flour
1 teaspoon vanilla

Preheat oven to 350 degrees.

Cream butter and sugar, and eggs, beating well after each one. Add vanilla. Fold in flour by hand.

Bake at 350 degrees for 45 minutes in a bunt pan. Cool before serving.

Chocolate Cake

Margie Mansager

| | |
|----------------------------|---------------------|
| 1 ½ cups matzo flour | 2 cups sugar |
| 1 cup vegetable shortening | 8 tablespoons cocoa |
| 2 tablespoons corn syrup | 4 eggs |
| 2 tablespoons vanilla | |

Preheat oven to 350 degrees.

Cream shortening, sugar, and eggs. Combine all ingredients. Beat until fluffy and light.

Pour into two 8-in. pans and bake for 30 minutes. Frost if desired.

Caramel-Pecan Coffee Cake

| | |
|-------------------------------|---------------------|
| 1/3 cup chopped pecans | ¾ cup brown sugar |
| 1 tablespoon light corn syrup | ¼ cup melted butter |
| ¾ cup white sugar | ¾ cup butter |
| 1 egg | 1 ¾ cup flour |
| ¾ cup milk | |

Preheat oven to 375 degrees.

Combine brown sugar, pecans, butter and syrup. Spread evenly in bottom of greased 8-inch square pan.

Cream white sugar, ¾ cup butter, and egg thoroughly.

Add flour alternately with milk to creamed mixture, stirring just until all flour is moistened. Spread batter evenly over caramel mixture.

Bake at 375 degrees for 35 to 40 minutes.

Crisco Single Crust

1-1/2 cup sifted regular flour ½ teaspoon salt
½ cup Crisco shortening 3 tablespoons water

Preheat oven to 425 degrees.

Sift flour before measuring. Combine flour and salt in bowl.

With pastry blender or 2 knives cut in Crisco. Mixture should be fairly course.

Sprinkle with water, a tablespoon at a time. Toss with a fork. Work dough into firm ball with hands.

On a lightly floured board or pastry cloth, roll crust in a circle ¼ - inch thick and 1-1/2 inches larger than pie plate. Place in pie plate and shape and trim to fit plate.

For single crust baked with filling, bake at temperature and time recommended for filling. For single crust, baked without filling, prick bottom and sides thoroughly with fork and bake at 425 degrees for 10 to 15 minutes or until brown.

Note: For pie with top crust, repeat the process to create the second crust.



Coconut Crust

2 cups shredded coconut

½ cup margarine

Combine in skillet and cook over low heat until golden brown, stirring frequently.

Press into a 9-inch pie pan. Chill.

Note: Use for pies that require a crust that is already baked, such as unbaked cheesecakes and refrigerator pies.

Cereal Pie Crust

¾ cup crushed or ground dry unleavened cereal

1 cup chopped nuts

1-1/2 sticks butter

½ cup sugar

1-1/2 cups flour

1 beaten egg

Preheat oven to 350 degrees.

Process cereal in blender. (Any combination of cereals will work.) Combine with remaining ingredients in a bowl and mix well.

Press into a greased and floured 9 x 13-inch pan and bake for 12 to 15 minutes.

Note: Dampen hands to press into pan so mixture won't stick to your hands. Freezing this crust seems to make it a little softer when serving.

Delicious Apple Pie

6 to 8 tart apples, thinly sliced
2 tablespoons all-purpose flour
1½ teaspoons cinnamon
1 teaspoon allspice
Dash of salt

½ cup honey
Dash of nutme
1 teaspoon cloves
½ cup raisins
Pie crusts

Pour honey over sliced apples and stir thoroughly. Combine flour, spices, and dash of salt. Mix with apples.

Line 9-inch pie pan with pastry. Fill with apple mixture and dot with butter. Adjust top crust and make slits for steam to escape.

Bake at 350 degrees for 50 minutes or until done.



Mock Cherry Pie

1¼ cup fresh cranberries
1 tablespoon melted butter
1 cup sugar
½ cup raisins

Preheat oven to 375 degrees.

Blend berries to a coarse grind. Add raisins and blend for 1 second. Stir in the sugar and melted butter.

Pour into a 9-inch pastry lined pan. Bake 45 minutes at 375 degrees.

Pumpkin Pie Filling

| | |
|-------------------------|------------------------------|
| ½ tablespoon cornstarch | 1 cup pumpkin |
| 1/3 cup brown sugar | 2 tablespoons sugar |
| 1/8 teaspoon allspice | ½ teaspoon cinnamon |
| 1/8 teaspoon ginger | 1 cup milk ½ can canned milk |
| ½ teaspoon salt | |

Blend eggs and canned milk. Add the dry ingredients and blend.

Add pumpkin and remaining milk alternately until thoroughly blended.

Pour into a pastry lined pie plate and bake at 425 degrees for 12 minutes or until the pumpkin is set and a knife comes out clean. Serve either warm or cold.

French Custard Pie

Preheat oven to 350 degrees.

| | |
|-------------------------------|---------------------|
| 2 cups milk, scalded slightly | 1 teaspoon vanilla |
| 3 eggs, slightly beaten | 1/8 teaspoon nutmeg |
| ½ cup honey or sugar | 9-inch pie crust |

Combine all ingredients, adding the milk slowly and stirring constantly. Pour into pie shell and bake for 35 to 45 minutes. Top should be caramelized. Let pie cool completely before serving.

Peanut Butter Cookies

Dreama Simmons

1 cup peanut butter 1 cup sugar
1 egg

Preheat oven to 350 degrees.

Mix all ingredients together. Drop by teaspoonful on cookie sheet. Use fork to press down making crisscross design.

Bake for 10 minutes. Makes 2 dozen.

Unleavened Cookies

Margie Mansager

2 cups sifted whole wheat flour 1 cup butter
 $\frac{3}{4}$ cup brown sugar 2 cups shredded coconut
1 egg

Preheat oven to 375 degrees.

Sift measured flour and cut in butter with 2 knives or pastry blender. Add sugar, coconut, and slightly beaten egg and knead with hands until the dough holds together, and the egg has disappeared.

Shape dough into a roll approximately 2 ½-inches in diameter, wrap in waxed paper and chill until firm enough to slice, approximately 1 hour.

Slice the dough 1/8-inch thick and place on ungreased cookie sheet and bake 10 to 12 minutes at 375 degrees.

Crisp Lemon Thins

| | |
|---------------------------------|--------------------------|
| 1-1/2 cup brown sugar, packed | 1 cup butter |
| 1-1/2 cups whole wheat flour | 2 unbeaten eggs |
| 1 cup almonds, chopped fine | ½ cup rolled oats |
| 2 Tablespoons grated lemon rind | 1 teaspoon lemon extract |

Preheat oven to 350 degrees.

Cream butter; gradually add sugar, and cream well. Blend in eggs. Add flour and mix thoroughly. Stir in almonds, oats, lemon rind, and lemon extract.

Drop by scant teaspoonfuls at least 3 inches apart onto greased baking sheets. Bake at 350 degrees for 7 to 10 minutes until edges are golden brown. **Remove from baking sheets immediately.**

Coconut Butter Cookies

| | |
|------------------------------|---------------------|
| 1 cup butter | 1 egg |
| 2/3 cup brown sugar (packed) | ½ teaspoon salt |
| 1-1/3 cup flaked coconut | 2 teaspoons vanilla |
| 1-3/4 cup sifted flour | |

Preheat oven to 350 degrees.

Cream butter and sugar. Beat in egg, salt, and vanilla. Add flour gradually. Stir in coconut.

Drop by teaspoonfuls on ungreased cookie sheet. Flatten a little.

Bake at 350 degrees about 10 minutes, or until browned around the edges. Makes 4-1/2 dozen.

Powdered Carrot Cookies

| | |
|---------------------|----------------------|
| 1 cup butter | 1 egg, beaten |
| ¼ tsp nutmeg | ½ tsp salt |
| 2 cup flour, sifted | 1 cup grated carrots |
| 1 tsp vanilla | ½ tsp cinnamon |
| ½ cup sugar | Powdered sugar |

Cream butter until fluffy, sift flour, sugar, salt, and spices together. Add to butter and mix well. Add vanilla, egg, carrots, and nuts. Form into 2 rolls, 1-inch in diameter. Wrap in waxed paper and chill at least 2 hours. Slice ½-inch thick and place on ungreased cookie sheet. Bake in preheated 375-degree oven for 10-12 minutes. Roll in powdered sugar while still warm.

Unleavened Oatmeal Cookies

Cathey Hinson

| | |
|-------------------------|----------------------|
| 1 cup flour | ½ tsp salt |
| ¾ cup brown sugar | 1 tsp ground ginger |
| 1 cup Crisco shortening | 1 egg |
| 3 tbsp water | 3 cups raw oats |
| 1 tsp allspice | ¾ cup chopped pecans |

In a large bowl, measure the first nine ingredients. Using a mixer on low, beat ingredients until well blended. With spoon, stir in oats and nuts. Grease cookie sheet. Preheat oven to 375 degrees. Drop dough by heaping teaspoons 2 inches apart. Bake 10-12 minutes or until golden brown. Remove to wire rack to cool. Store in tightly locked container. Good for two weeks. Makes 3-4 dozen.

German Butter Cookies

(In memory of Mary Blouch)

| | |
|-------------------------------|---------------------------|
| 4 cups flour | Rind of one lemon, grated |
| 1 ¼ cups sugar | 1/3 cup ground almonds |
| 1 cup butter | 1 tsp cinnamon |
| 8 egg yolks (or) 4 whole eggs | 1 Tbsp sugar |

Mix all ingredients on a bread board and work together with a knife. Put dough in refrigerator for about ½ hour.

Roll out dough about ¼" thick and cut out in desired patterns. Brush cookies with egg yolk. Sprinkle with ground almonds mixed with sugar & cinnamon.

Bake at 350 degrees about 7 – 8 minutes until brown.

Note: These should be very thin.

Thumbprint Cookies

(In memory of Mary Blouch)

| | |
|-------------------|--------------------|
| ½ cup shortening | 1 cup sifted flour |
| ¼ cup brown sugar | ¼ tsp salt |
| 1 egg yolk | ¾ cup chopped nuts |
| ½ tsp vanilla | Nuts, etc. |

Mix together thoroughly shortening, brown sugar, egg yolk, and vanilla. Sift together and stir in flour and salt. Roll into 1-inch balls. Dip in slightly beaten egg whites. Roll in finely chopped nuts. Place about 1 inch apart on ungreased cookie sheet. Bake 5 minutes, remove from oven and quickly press thumb into top of cookie. Then bake 8 minutes longer. Place in thumbprints a bit of chopped candied fruit, chopped nut, or Hershey Kiss.

Unleavened Tortillas

Luann Avalos

¾ cup milk
3 ½ tablespoons butter
2 ¼ cups all-purpose flour, *unsifted and divided*

½ teaspoon salt
½ tablespoon olive oil

On the stove or in the microwave, heat the butter and milk just until the butter is melted. Stir 2 cups flour and the salt together and add to the butter and milk mixture.

Sprinkle the work surface with some of the remaining ¼ cup flour and knead the dough for a few minutes until it is smooth – it doesn't need much kneading. Add extra flour if the dough is too sticky. Wrap the dough with cling wrap and rest at room temperature for 30 minutes or so.

Dust the work surface again with flour, cut the dough into 4 pieces, roll into balls and, then, roll out into about 1/8" thick rounds.

Heat ½ tablespoon olive oil in a non-stick pan over medium heat – or lower, if you have a heavy based skillet (Note #1). Place one flatbread at a time in the pan and cook for about 1 to 1 ½ minutes – it should bubble up. Flip and cook the other side, pressing down if it puffs up. There should be smallish golden-brown spots on both sides.

Stack the cooked tortillas and keep wrapped with a tea towel – the moisture helps soften the surface making the tortillas even more pliable. Continue to cook the remaining pieces.

Optional: Brush or spray tortillas with olive oil or melted butter for a more luxurious finish. For a garlic butter version, mix minced garlic with the butter before brushing on.

Unleavened Tortillas (cont'd)

Recipe Notes:

1. Higher heat and thinner dough equal a crispier crust. Though still pliable inside, the thin, crispy crust on the outside might crack when rolled around fillings. However, the larger dark spots on the crispier crust make the tortilla look like authentic naan – just like what you get in Indian restaurants!
2. The dough keeps in the refrigerator for approximately 3 days. *Tip:* Roll out the rounds, ready to cook, before refrigerating, but be sure to keep the rounds separated using baking paper or cling wrap. Cooked tortillas/naan keep well in the freezer.
3. This recipe works great with whole wheat flour but does not work with almond flour. *See note #5 for Gluten Free.*
4. Dairy free/vegan substitutions: olive or coconut oil may be substituted for the butter and almond milk may be substituted for the dairy milk to make it dairy free/vegan.
5. Gluten free flour works fairly well, but you may need to use a bit of extra flour to roll it out – just add more as required. The texture is slightly different – a bit chewy – and you may not be able to roll the dough out into neat rounds.



Cream Puffs

Debbie Reed

1 cup boiling water
½ cup butter (1 stick)
1/8 teaspoon salt

1 cup flour
3 eggs, unbeaten

Add butter and salt to boiling water and stir over medium heat until butter is melted, and mixture boils again. Add the flour, all at once, and stir vigorously until the mixture leaves the sides of the pot. Remove from heat and let cool for about 20 minutes – **THIS IS VERY IMPORTANT.**

Transfer cooled mixture to a large mixing bowl. With an electric mixer, beat in one egg at a time, beating thoroughly after each addition. Using a tablespoon, place dollops on an ungreased cookie sheet – you should have about 14 or 15 cream puffs.

Place the cookie sheet in the center of a preheated 450-degree oven for 20 minutes. Without removing the cream puffs, turn the oven down to 350 degrees and bake for an additional 20 minutes. Remove from oven and transfer puffs to a rack to cool. Cool thoroughly!

When the puffs are completely cooled, cut the top off each puff and fill with vanilla pudding. Frost the top with fudge frosting. You can change fillings or toppings of your choice. It's really good with chicken salad.



Matzo Toffee Bar Crunch

Margie Mansager

6 sheets Matzo or enough to cover a large rimmed cookie sheet
2 sticks butter (1 cup), melted 1 ½ cups packed brown sugar
1 teaspoon vanilla
1 ¼ cups chocolate chips (or other flavors)
Sea salt, optional Slivered almonds, optional

Preheat oven to 350 degrees.

Line a rimmed large cookie sheet. Arrange matzo in a single layer on the cookie sheet.

In a small pan over medium heat, melt sugar and butter, stirring constantly, just until well incorporated. Remove from heat and stir in vanilla.

Bake 10 to 15 minutes or until deep golden brown.

Remove from oven and sprinkle with chocolate chips. When melted spread with a spatula evenly over the matzo.

Put pan and all in freezer until set. Break into pieces, and store in an air-tight container.

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Note: After spreading the chocolate chips you can sprinkle sea salt and almonds slivers if you desire.

Acknowledgments

Thank you to all the ladies in the local congregation of Yahweh's Restoration Ministry who submitted recipes to enlarge our collection. Some of the other recipes come from *A Cookbook of Unleavened Goodies*, compiled several years ago by a Sabbath-keeping congregation in San Jose, California.

Experiment, practice, and have fun with these. You'll have a head start on planning your yummy unleavened meals.

There is a more extensive listing of recipes online for all to use to make their unleavened meals more interesting and enjoyable. Please visit <https://yrm.org/unleavened-recipes/>

*Have a
joyous and prosperous
Feast of Unleavened Bread!*





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