

**UNLEAVENED RECIPES
GLEANED FROM
NAZARENE ISRAEL.ORG**

UNLEAVENED BREAD

½ cup water
2 tbsp sugar
1 tsp salt
2 tbsp oil
1¼ cups flour

Knead until smooth. Roll out to quarter inch thick. Put on cookie sheet.

Bake at 300° degrees for 30 to 40 minutes.

This only makes a small batch (about a quart size bag), but it can be doubled easily.

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MATZAH

1 cup flour
1/4 tsp salt
2 tbsp shortening
5 tbsp water (about)

Mix dry ingredients, cut in shortening, mix in enough water to make dough soft and kneadable. Divide into fourths. Roll out to about 8" and cook on a hot skillet until browned. Flip and brown other side.

Makes four 8" matzos.

Keeps well if thoroughly dry.

**UNLEAVENED RECIPES
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CINNAMON MATZA

1 cup flour
1/2 tsp cinnamon
1/8 tsp cloves
1/8 tsp nutmeg
1 tbsp sugar
1/4 tsp salt
1 tbsp butter
2/3 cup water (about)

Mix dry ingredients, cut in shortening, mix in enough water to make dough soft and kneadable. Divide into fourths. Roll out to about 8" and cook on a hot skillet until browned. Flip and brown other side.

Makes four 8" matzos.

Keeps well if thoroughly dry.

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ANONYMOUS UNLEAVENED BREAD

1½ cups flour
1 lb. dark brown sugar
1 cup nuts, chopped
4 eggs
½ tsp salt
1 tsp vanilla

Beat eggs well. Then add remaining ingredients and beat well. Pour into a greased and floured 9×13 inch pan.

Bake for 30 minutes in a 350° oven.

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EGG AND ONION MATZA

2¼ cups flour
¾ tsp salt
1/3 cup butter
1 egg, beaten
1 tbsp onion powder
½ cup milk

Combine onion powder and milk in a small bowl and allow to soak for a few minutes. In a mixing bowl, combine flour and salt. Cut in butter. Add egg and onion powder/milk mixture. Knead dough until smooth and soft, adding additional flour if needed. Divide dough in half. On a lightly floured surface, roll each piece of dough into a large rectangle (at least ¼" thick, but no more than ½" thick). Cut dough into 2" x 2" squares or desired size. Place squares on a lightly greased and lightly salted cookie sheet. Prick each square with a fork several times before baking.

Bake at 450° for 10-14 minutes or until golden and cooked through (but not hard or dark). Remove to wire rack; cool.

Italian Version: To milk and onion mixture add 1 tbsp garlic powder, ¼ tsp dried parsley, and ¼ cup parmesan cheese.

**UNLEAVENED RECIPES
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MOTHER VANCE'S COMMUNION BREAD

1½ cups plain flour
1 tsp salt (or more if you like the salty taste)
1 tbsp sugar
½ cup shortening
3 tbsp water (or more if needed to roll out)

Mix all ingredients together. Roll out on cookie sheet you intend to bake on. Score into small squares before baking.

Bake at 450°F for 15 minutes (no longer). Check to see if burning on edges close to end. Temperature and times are important.

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GOLDEN DISCS (UNLEAVENED BREAD)

4 cups unbleached flour
1 tsp salt
1½ cup water (room temperature)

Combine the flour and salt. Add enough water to make dough that will clean the sides of the bowl and can be gathered into a ball. Turn out onto a lightly floured board and knead 10 minutes. Shape into a ball and cut in half. Cut each half in 8 pieces and form into 16 balls. Roll out each ball to form about a 7" circle. Place on an ungreased cookie sheet.

Bake in a preheated 500° oven for 5 minutes or until discs are lightly colored, blistered, and crisp. Serve with cheese chips and soups.

Makes 16 discs.

**UNLEAVENED RECIPES
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CHEESE POPOVER PUFFS

1 cup flour
½ tsp salt
1 cup milk
2 eggs
1 tbs margarine or butter, melted
¼ cup shredded cheddar cheese

Combine all ingredients, except cheese. Beat at medium speed until smooth; stir in cheese. Heat a well-greased muffin pan in hot oven for 3 minutes. Spoon in batter, filling 2/3 full.

Bake at 425° for 15 minutes; reduce heat to 350° and bake 25 minutes until golden brown. Do not open door while baking!

Serve immediately.

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FLOUR TORTILLAS

4 cups flour
1½ tsp salt
1/3 cup softened butter
1-1¼ cups water

Mix together first two ingredients. Cut in butter until crumbly. Pour in water. Stir with a fork until it makes a cohesive ball. Knead 20 times. Form into 12 balls. Roll each ball in a little flour and roll out into 7" circles as thick as you can.

Cook in a hot pan about 30 seconds on each side.

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CORN TORTILLAS

2 cups Masa Harina tortilla flour
1¼ cups warm water

In a medium mixing bowl, combine tortilla flour and water. Stir mixture together with your hands until dough is firm, but moist. (If necessary, add more water, 1 tablespoon at a time.) Let dough rest for 15 minutes.

Divide the dough into 12 equal portions and shape each portion into a ball. Using a tortilla press or rolling pin, flatten each ball between 2 pieces of waxed paper to form a 6-inch circle. Carefully peel off top sheet of waxed paper. Place tortilla, paper side up, on a medium/high, ungreased skillet or griddle. As tortilla begins to heat, carefully peel off remaining sheet of waxed paper. Cook, turning occasionally for 2 to 2-1/2 minutes or until tortilla is dry and light brown (tortilla should still be soft). Wrap tortillas in foil if using immediately.

Makes twelve 6-inch tortillas.

Make-Ahead Tip:

To freeze tortillas, stack them with 2 layers of waxed paper between each. Wrap the stack in a moisture- and vapor- proof bag, foil, or freezer wrap. Seal tightly and freeze up to 1 month. Thaw completely before using.

**UNLEAVENED RECIPES
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UNLEAVENED CORNBREAD

1 cup cornmeal
1 cup flour
¼ cup sugar
1 tsp salt
1 egg
1 tbsp sour cream
¼ cup butter, melted
1 cup milk

Preheat oven to 425°. Grease a 12 cup muffin pan or line with muffin papers. In a bowl, stir together the cornmeal, flour, sugar, and salt. Make a well in the center and pour in the egg, sour cream, butter, and milk. Stir until well blended. Spoon batter into prepared muffin cups.

Bake for 15-20 minutes, until a toothpick inserted into the center comes out clean.

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PURI (EAST INDIAN BREAD)

2½ cups stone ground whole wheat flour
1¼ teaspoons salt
½ cup soft shortening
1 1/3 cups yogurt

Mix all ingredients well. Roll to 1/8 inch thickness and cut in rounds with 4 inch cutter.

Fry in hot oil (350 degrees) until puffed and brown. Drain on absorbent paper.

Makes 36.

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OATMEAL CRACKERS

1 $\frac{1}{3}$ cups flour
2 cups rolled oats
 $\frac{1}{2}$ cup butter
2 tbsp sugar
1 tsp salt
 $\frac{1}{2}$ cup boiling water

Combine dry ingredients. In a separate bowl, cover butter with boiling water. Stir liquids into dry mixture. Roll out thin; cut into crackers.

Bake at 350° for 5-10 minutes.

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HOMEMADE WHEAT THINS STYLE CRACKERS

1¼ cups flour
½ tsp salt
1½ tbsp sugar
¼ tsp paprika
4 tbsp cold butter, sliced
¼ cup water
¼ tsp vanilla
Salt, for topping

In a bowl, combine flour, ½ teaspoon salt, sugar, and paprika. Cut in butter with a fork or pastry blender until small crumbs form (or combine the dry ingredients and butter in a food processor and pulse until crumbly). Make a well in the center and add the water and vanilla. Stir to mix, then knead a few times, just enough to form a ball of dough. (Add just a tad more water if needed.) Divide dough in half and cover with a clean towel. Lightly grease two 11"x15" baking sheets and sprinkle lightly with salt. On a lightly floured surface, roll each piece of dough into a thin rectangle approximately 11"x15". Transfer the sheet of dough to the baking sheet and cut into squares. Generously sprinkle tops with salt.

Bake at 400° for 5-10 minutes, or until crisp and lightly browned. Crackers will become crispier as they cool, so don't over bake. Remove baked crackers from the sheets and cool on a wire rack.

Makes about 8 ounces of crackers.

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WHOLE WHEAT CRACKERS

4 cups whole wheat flour
1 tsp salt
Sour cream (about 1½-1¾ cups)

Mix salt and flour. Add enough sour cream to make a soft, manageable dough. Roll out. Cut in squares.

Bake at 350° until golden brown.

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ROSEMARY-PARMESAN ICEBOX CRACKERS

¾ cup flour
1 tsp salt
1 tsp pepper (or paprika)
1 tsp dried rosemary
4 tbsps butter, cut into one-half inch pieces
1 cup parmesan cheese
¼ cup milk

In a food processor, combine the flour, salt, pepper, and rosemary; pulse twice to mix. Pulse in butter (about 10 pulses). Add the cheese and pulse twice to combine. With motor running, pour in the milk and continue processing until the dough forms a single mass. Roll the dough into a log about 2" in diameter. Wrap with plastic wrap and refrigerate for at least 3 hours and up to 2 days. Cut the dough into 1/8" thick slices and place on a cookie sheet.

Bake at 325° for 20-25 minutes or until light golden brown.

Makes about 24 crackers.

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ICEBOX CHEESE CRACKERS

1 cup flour
1 tsp sugar
1 tsp salt
4 tbsp butter, room temperature
¾ cup parmesan cheese
¼ cup milk

In a food processor, mix flour, sugar, and salt. Pulse in butter (about 10 pulses). Add the cheese and mix. With the motor running, pour in milk and continue processing until the dough forms a single mass. Shape in a long log and wrap in plastic wrap. Place in refrigerator for at least 3 hours or up to 2 days. Cut dough into 1/8" slices and place on a cookie sheet.

Bake at 325° for 20 minutes or until golden brown.

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NAOMI'S DELICIOUS UNLEAVENED BREAD

1¼–1½ cups flour

½ tsp salt

½ cup quick cooking oats

1/3 cup brown sugar (or 1/3 cup natural, raw, or white sugar with 1
tbsp molasses)

½ cup (1 stick) butter, softened

1/8 to ¼ cup olive oil

Mix the dry ingredients. In a separate bowl, mix the butter, sugar, and oil together, then add to the dry ingredients. Blend and stir to make dough moist. Spread out 1/8 to ¼ inch thick on a cookie sheet.

Bake at 350° for 10 to 15 minutes. Cool and cut into squares.

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OAT AND PECAN CRACKERS

¾ cup rolled oats
¼ cup pecans, chopped
1 tsp sugar
1 tsp salt
4 tbsp butter, room temperature
1 cup flour
¼ cup milk

In a food processor, chop pecans, oats, sugar, and salt. Pulse in butter (about 10 pulses). Add flour. With motor running, pour in milk and continue processing until the dough forms a single mass. Shape into a long log and wrap in plastic wrap. Place in refrigerator for at least 3 hours or up to 2 days. Cut log into ¼" thick slices and place on a cookie sheet.

Bake at 325° for 20-25 minutes or until golden brown.

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MINI'S POUND CAKE

2 cups flour
2 cups sugar
5 eggs
1 cup butter
1 tsp salt
1 tsp vanilla

Grease and flour a Bundt pan and heat oven to 325°. Sift sugar, flour, and salt in a large mixing bowl. Dab butter over the top of dry ingredients and start mixing. Add eggs one at a time, beating 2 minutes after each egg. Add vanilla; pour into Bundt pan.

Bake at 325° for about 50 minutes. Cool before removing from the pan.

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MINT BUTTER COOKIES

1 cup soft butter
½ cup powdered sugar
1½ tsp mint extract
1¾ cups flour

Put butter and powdered sugar into a bowl and beat until light and fluffy. Add extract and mix until combined. Add flour and mix until combined. Roll into 1 inch balls and place on cookie sheet. Dip the bottom of a glass into sugar and flatten out the cookies.

Bake at 350° for 12 minutes.

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NUT BARS

½ cup butter, room temperature

½ cup oil

¾ cup sugar

1 egg

1 tsp vanilla

2½ cups flour

½ tsp cinnamon

½ tsp salt

Cream butter, oil, sugar, egg, and vanilla until fluffy. Stir in dry ingredients, then nuts. Dough will be stiff. Press into a 15"x10" jelly roll pan.

Bake at 350° for 25-30 minutes. Cut into bars.

Peanut Butter Chocolate Bars Version: Substitute creamy peanut butter for oil in recipe. Add ½ cup of chocolate chips.

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APPLESAUCE COOKIES

1 cup brown sugar
¾ cup oil
1 cup thick applesauce
1 egg
1 teaspoon vanilla
4 cups rolled oats
½ cup flour
½ cup nuts, chopped
½ tsp salt

Beat brown sugar and oil. Add remaining ingredients and mix well.
Drop from spoon onto greased baking sheet.

Bake at 375 degrees for 20 to 25 minutes or until well browned.

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LEMON MERINGUE CHEESECAKE

Filling:

12 oz cream cheese, softened
4 oz sour cream (about ½ cup)
¾ cup sugar
2 eggs
2 tbsp fresh lemon juice
Zest of one lemon

Crust:

1 cup flour
¼ cup sugar
½ cup coconut
5 tbsp butter, melted
¼ tsp salt

For Crust: Combine all ingredients in a food processor or mix by hand in a bowl. Press into a 9" pie pan.

For Filling: In a large bowl beat cream cheese, sour cream, sugar, and eggs. Add lemon juice and zest; beat until smooth. Pour into pie crust.

Bake at 350° for 40-45 minutes.

Remove from oven and let cool. Chill for at least 4 hours before serving. Top with whipped cream to serve.

Key-Lime Version: Substitute lime juice and lime zest for lemon.

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BERRY DELIGHT

2 cups strawberries, cut in half
1 cup raspberries
2 cups blueberries
1 cup tapioca pudding
½ cup maple syrup
2 cups rolled oats
1 cup flour
6 tbsp coconut oil
4 tsp maple syrup

If using frozen berries, let the ice crystals dissipate. Lightly oil two 13" x 9" glass baking pans. Mix first 4 ingredients, then add the maple syrup. Spread in bottom of pans. In a separate bowl, mix remaining ingredients and sprinkle over berry mix.

Bake at 350° for 30 minutes or until golden brown.

Makes 12 servings.

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NUT BALLS

1 cup butter, room temperature
2 cups flour
1 cup almonds, chopped
1 tsp vanilla
3 tbsp brown sugar

Mix all ingredients and roll into small balls.

Bake at 325° for 20 minutes or until golden brown.

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PASSOVER CHOCOLATE MATZAH CANDY

6 sheets Matzah crackers
12 oz semi-sweet chocolate bits
1 cup brown sugar
1/2 lb butter (2 sticks)
1 cup walnuts (optional)

Grease both sides of aluminum foil and set in the bottom of a cookie sheet. Arrange the matzah on top of the foil, breaking them if necessary to fit the pan completely. Melt the butter and add the sugar. Cook for 3 minutes. Pour mixture over the matzah and spread evenly to cover all.

Bake at 350° for 5 minutes.

Remove from oven and sprinkle the chocolate chips on top, spreading them when melted. If desired, sprinkle with nuts.

Refrigerate until firm. Break into pieces.

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MICHELLE'S BEST SHORTBREAD RECIPE

1 pound / 4 sticks of butter
1 cup sugar
5 cups flour

Preheat oven to 350°. Using pastry brush, coat baking sheet with 1 tbsp softened butter. Melt butter (if needed) and beat with sugar. Add flour. Form in a circle or square on baking sheet.

Bake in the middle of the oven for 25 to 30 minutes, until firm to the touch or brown.

Will keep 2 to 3 weeks in covered jars or tins.

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CREPES

1 cup flour
1 1/2 cup milk
Pinch of salt
3 eggs
1/2 cup vegetable oil

Sift flour and salt. Add eggs and beat thoroughly till smooth. Add milk, beat well. Batter should be the consistency of heavy cream. Put in refrigerator for at least two hours.

Pour into skillet, and tilt the skillet around until the skillet bottom is evenly covered with batter, even running slightly up the sides. Surface should be well covered but not runny.

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BRANCAKES

1/3 cup bran
1/3 cup whole wheat flour
1/4 teaspoon salt
1 teaspoon oil
1 egg
1 cup milk

Mix all ingredients. The mixture will be runny, but that's alright. If you prefer a thicker mixture, you can add an extra egg. You could also add sunflower seeds.

Cook your brancakes as you would regular pancakes.

**UNLEAVENED RECIPES
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MANDY'S RAW TAHINI DRESSING OR DIP (DOUBLED)

20 oz raw white hulled sesame seeds
8 garlic cloves
Juice of 1 lemon
1 cup apple cider vinegar
½ cup olive oil
½ cup maple syrup
2½ tbsp sea salt (or more to taste)
4 tsp dill (fresh or dried)

Blend all ingredients in high speed blender until smooth, adding water until it is of desired consistency. (Must be a "high speed" blender.) Add less water for a thicker "dip" for veggies or fresh bread, or add more for a "dressing" over your favorite green salad.

If you want your dressing cool right out of the blender, use ice instead of water.

**UNLEAVENED RECIPES
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DEEP PAN PIZZA

1 lb. hamburger
1 small onion, chopped
15 oz. tomato sauce
½ tsp basil
½ tsp fennel
¼ tsp marjoram
2 eggs
1 cup milk
1½ cups flour
½ tsp salt
1 tbsp oil
8 oz. shredded mozzarella cheese
Mushrooms
Olives
Green peppers

Cook hamburger and onion together. Add tomato sauce, basil, fennel and marjoram.

Mix eggs, milk, flour, salt, and oil together. Pour into a 13 inch by 9 inch greased pan.

Pour sauce mixture on top. Top with cheese, mushrooms, olives, and peppers.

Bake at 425° for 25 minutes.

Serves 8.

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ENGLISH-HEBREW PASTRIES

Pastry:

1 tsp vanilla
2 eggs
1 tsp salt
2/3 cup vegetable shortening
1 tbsp water

Filling:

1 pound stew beef
4 medium potatoes
4 medium onions
1/4 rutabaga

Sift flour and salt together. Cut in shortening. Use enough water to form dough into ball. Cut ball into four sections. Roll out one at a time into a circle.

Cut meat into small pieces, grate rutabaga.

Place handful of rutabaga on one half of dough. Slice 1 potato over rutabaga. Add salt and pepper. Add 1/4 beef and 1 medium onion; puncture top. Make other three the same way.

Bake 1 hour and 15 minutes at 375°.

**UNLEAVENED RECIPES
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PASSOVER CHICKEN BLINTZES

Wrappers:

5 eggs
salt
¾ cup matzo meal
1½ cups water

Beat eggs, salt, and water. Gradually add meal and beat until smooth. Heat a 6-inch frying pan. Brush lightly with oil. Pour sufficient batter just to cover surface of pan. Tip pan quickly to spread. Brown on one side and turn out on board or towel.

Filling:

2 tbsp finely chopped scallions
4 tsp cooking oil
1½ tsp salt
2 cups chopped cooked chicken
1 tsp sugar
Dash of pepper
Sliced carrots and celery

Mix carrots and celery with remaining ingredients.

Place 1 teaspoon on blintz wrapper. Fold in blintz fashion.

Fry in hot vegetable oil until brown, or they can be browned in oven using a little oil brushed on each.