



# CHRISTIAN EDUCATION DEPARTMENT

## Unleavened Bread Recipe

John 6:56-69

*This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever."*

*John 6:58*

Jesus talks about the bread that the ancestors ate. He means the manna in the wilderness. Bread is also a part of the Passover meal, when the Jewish people remember their freedom. That bread has no leaven (yeast, rising agent). As Christians, we see Jesus like bread because he has the power to meet our greatest needs. Our communion is very similar to the Passover meal because it helps us remember what Jesus has done for us. This recipe can be used to make bread for communion.



2 cups flour  
1 teaspoon salt  
1 tablespoon sugar  
1 tablespoon olive oil  
2/3 cups water (approximately)  
(If you need to do any baking conversions, visit:  
<https://bakingcalculators.com>.)

Mix together the dry ingredients. Add the olive oil and enough water until the dough forms a ball (not so much that it's sticky.) Knead the dough briefly. Allow the dough to set for 10 minutes. Form into a long roll. Cut off small sections (10-12). Roll each section flat. Cook one at a time in a pan on the stove until done (light brown in spots.) You may need to use a little butter or oil in the pan, if you don't use a non-stick pan.

*adapted from Just Us Little Guys ©2013, Sharon Kay Chatwell*  
<https://www.sunday-school-center.com/support-files/lq7-lesson-4-the-passover.pdf>