

## Make Bread to Feed Elijah

This simple flat bread is more like the bread that the children of Israel ate than the bread we eat today. This recipe is like the Holy Supper bread adults eat when they take communion. It is made from the simple ingredients that the widow had in her home.

### Supplies needed

- mixing bowl(s)
- measuring equipment (or pre-measured ingredients)
- fork(s) to mix dough
- pan to cook bread in (large flat pan)
- oven
- plate for serving
- napkins

### Ingredients

- 1 cup (90 grams or 3.2oz) white or whole wheat flour
- $\frac{1}{2}$  teaspoon (5 grams or 0.2oz) salt
- 3 teaspoons (15ml or 0.5fl.oz) olive oil
- 5 teaspoons (25ml or 0.9fl.oz) cold water

**Note:** For a group of children you may want to multiply this recipe. As you mix the dough, you may need more flour or water depending on how hot or cool the room is when you make the bread. You want the dough to be just wet enough to pat into a whole, but not too wet to handle.

### Preparation

*Note:* Wash and dry hands before starting this activity.

### Directions

1. Mix the flour and salt in a mixing bowl.
2. Add the olive oil and blend gently with fingertips or a fork.
3. When the texture of the dough holds together, press into flat circular shapes on a flat pan or cookie sheet.
4. Bake at 375 degrees for 10-12 minutes until just browning.
5. To serve break into small pieces and offer round on a plate.