

A CHRISTIAN'S GUIDE  
TO GOD'S APPOINTED FEASTS

MY  
*Jewish*  
COOKBOOK



CHARLEEN ECUYER

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APPOINTED FEASTS  
MY JEWISH COOKBOOK

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“Three times in the year you  
shall **keep a feast** to Me.”

Exodus 23:14

“The Lord said to Moses, Say to the Israelites,  
The set feasts or appointed seasons of  
the Lord which you shall proclaim as holy  
convocations, **even My set feasts**, are  
these..... You shall do no kind of work [on  
that day]. It is a statute forever throughout  
your generations in all your dwellings.”

Leviticus 23: 1-2, 31

# introduction

## *Why Should Christians Celebrate the Feasts?*

These appointed feasts were ordained by God for His children to celebrate “as a statute forever throughout your generations in all your dwellings.” I guess we need to ask ourselves this question: Does it please God for us to celebrate His feasts today? I do believe we cannot earn anything from Yahweh, everything has already been given by grace. But I also believe, He is Creator! If our Creator put meaningful meeting times into His calendar, who are we to decide they aren’t important? I want all the gusto I can get

**in my life with Him! So why should Christians celebrate the feasts today?**

**Over twenty years ago, the Lord began talking to us about celebrating Passover. We**

My husband was working at a homeless shelter for teens in the city of New Orleans. A group of Messianic Jews shared the beauty of the Passover meal to the staff and residents. It touched my husband so very much, it became a part of our family celebrations from that moment on. We have been delighted to celebrate ever since.

**developed a heart to know our Savior in a deeper way and all of his feasts became important to us. The Lord began to connect us with ministries that were doing the same, confirming His desire for us all these years.**

**Feasting is truly a delight to our souls, for these are our Maker's appointed feasts, not holidays designated by tradition or man. We started learning how to be a part of God's calendar and we began following His design so we could be aligned with His timing on the earth. One of our favorite teachers describes the feasts as "times set by the Lord for restoration-times to set you free from every strategy of the enemy,**

and bring you into a cycle of blessing.”

There is so much richness in celebrating the three major feasts (Passover, Pentecost, and the Feast of Tabernacles). As with all of the Lord’s ways we are continually learning more and more about honoring these special times. This is meant to be only a beginner’s manual. There is so much we are continuing to learn, but we wanted to help families find a quick and easy way to get started. We have included some other times of celebration that have also been special to our family. I hope you enjoy the ideas and recipes that follow each section (some are my originals, some I have collected over the years, and all are family favorites). May you, as the Holy Spirit leads, come into the fullness of enjoying our Father’s very own appointed feasts.



# chapter one

## *Sabbath Rest*

“Six days shall work be done, but **the seventh day is the Sabbath of rest**, a holy convocation or assembly by summons. You shall do no work on that day; it is the Sabbath of the Lord in all your dwellings.”

Leviticus 23:3

“And God blessed (spoke good of) the **seventh** day, set it apart as His own, and hallowed it, because on it God rested from all His work which He had created and done.”

Genesis 2:2-3

**The sabbath was God’s first holiday! It is the seventh day of each week. The exciting thing about this feast day is that we get to celebrate it every week. The Lord wants us to use our Sabbath to rest and remember Him.**

“If you turn away your foot from [traveling unduly on] the Sabbath, from doing your own pleasure on My holy day, and call the Sabbath a [spiritual] delight, the holy day of the Lord honorable, and honor Him and it, not going your own way or seeking or finding your own pleasure or speaking with your own [idle] words, then will you delight yourself in the Lord, and I will make you to ride on the high places of the earth, and I will feed you with the heritage [promised for you] of Jacob your father; for the mouth of the Lord has spoken it.”

Isaiah 58: 13-14

Like most families these days, we stay very busy. What a blessing to have one day a week when we have a God-given reason to rest. A time to be set apart is necessary and this is why Yahweh ordained a day of rest and worship. Below are some fun ways to spend your Shabbat:

*Minister to the Lord:* Spend time praising the Lord and ministering to Him by remembering His goodness, singing and speaking praises to Him, and praying in the Spirit. The Lord may give you a word of encouragement for one another.

*Craft Idea:* Make a Shabbat bread covering. Use cotton cloth. Decorate with markers using the Shabbat blessings or other scriptures regarding the Sabbath. “Baruch atah Adonai Eloheinu Melech ha-olam, asher kidshanu bY’shua ha Mashiach, or ha olam. Blessed are you, O Lord our God, King of the Universe, who has made us holy in Yeshua the Messiah, the Light of the World.”

*Family Project:* Decorate a savings jar and save money to send to Messianic Jews in Israel, and pray that we all become one as Yeshua prayed in John 17.

*Other suggestions:* Our family enjoys celebrating the Sabbath or Shabbat, our day of rest, much like the early church and the Jewish people. We purchased a Menorah, a candelabrum having seven branches (as used in the Biblical tabernacle or the Temple in Jerusalem). Traditionally, the mom of the house recites a blessing while lighting the candles: “Blessed are you, Lord our God, King of the universe, Who sanctified us with his commandments and commanded us to kindle the sabbath candles.” We release blessings over our family members, share a devotion, and give Yah the first moments of our week. Then, we enjoy a “family fun night” meal and a movie. We make a point not to do our “usual” work the next day, if at all possible.

After attending church, watch church webcasts or your favorite teaching videos, worship by letting everyone pick their favorite songs, watch your favorite family movie together, take family walks, or play family games. Picnic, play baseball as a family, swim, celebrate together His unending love and faithfulness.

Don't forget, Jesus did His Father's work even on the Sabbath. So let the Father show you how to spend your day!

I like to truly rest on the Sabbath, so, I've included recipes that can be prepared in advance, and easily served.



# Sabbath Recipes

Here are some dishes you may want to try to make your Sabbath His delight and yours.

## challah bread



- 2    teaspoons yeast**
- 2    cups warm water**
- 2-3    eggs**
- 1    cup honey or  
      brown sugar**
- 2    teaspoons salt**
- 1/2    cup canola oil**
- 7-8    cups unbleached flour**

Traditionally, a blessing is spoken over this bread. It symbolizes all food that comes from the earth.

*Barach atach Adonai  
Eloheimu melech  
ha-olam, ha-motzi  
lehem min har-aretz.  
Blessed art Thou, O  
Lord our God, King  
of the universe, who  
brings forth bread  
from the earth.*

Dissolve yeast in water. Add eggs, honey, salt, oil. Gradually add flour to make a soft dough. Knead 5–10 minutes, adding more flour if necessary. Use as little flour as possible for a delicate Challah. It should be velvety soft. Let rise until doubled, 2 to 3 hours. Punch down and let rise again, if desired. Shape into 2 twisted braid loaves; place on greased cookie sheets and let rise until doubled. Bake at 350 for 30 – 45 minutes, until golden brown. Serve warm or cool. Dough can also be made into regular loaves or rolls, if desired. To make a round bread, take one ball of dough and roll it into a rope about 2 inches in dimension. Coil it from the outside in, letting each circle slightly overlap the one before. (You can brush with egg wash and sprinkle sesame seeds for a variation.)

*Challah Creations:* Here are some ways to use the yeast dough after it has risen for the first time:



At Rosh Hashanah, roll dough into thin coils and shape into ladders. The Jewish people did this, symbolic of their new year prayers being lifted up to heaven.

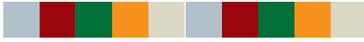
Let the ladders rise for 30 minutes, brush the surface with egg yolk, and bake for 30 minutes at 350 degrees.



Break off plum size pieces and roll them into long ropes. Put them on greased cookie sheets and let them rise for 30 minutes. Sprinkle with cinnamon and sugar and bake till golden brown, about 30 minutes, at 350 degrees.



At Purim\* you can roll the dough out with a rolling pin to  $\frac{1}{4}$  inch or thinner, Cut circles with a 3 inch round cookie cutter, fill them with preserves of your choice and pinch shut. Let the yeast rise for 30 minutes. Bake them until golden brown, about 30 minutes at 350 degrees. Also, for a new year celebration, round Challah represents a new beginning full and free of rough edges.



## easy garlic mini loaf

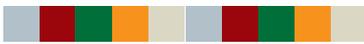
- 2 cups flour**
- 2 teaspoons baking soda**
- 1 teaspoon salt**
- 1 cup milk**
- 1 cup grated cheddar cheese**
- 2 tablespoons garlic powder**
- 1/4 cup mayonaise**
- 2 tablespoons sugar**

Mix flour, baking soda, and salt. Add milk, cheese, garlic powder, mayo, and sugar.

Place in two mini-loaf pans. Bake at 350 for 17-20 minutes.



Preheat oven to 350 degrees. Dissolve yeast and honey in the water. In another bowl combine the salt and flour. Stir in the yeast mixture and add more flour if necessary to make it sticky but not too wet. Knead for 5 to 10 minutes. Separate the dough into 4 pieces. Roll each section into a cylinder like snake. Form traditional pretzels or make letters in the shape of Hebrew letters. Brush with beaten egg. Top with salt or cinnamon & sugar. Bake for 12-15 minutes

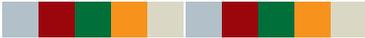


## 7 layer dip

- 1 can refried beans**
- 1 package taco seasoning**  
**guacamole or 3 avocados**  
**smashed with 2**  
**tablespoons lemon juice**
- 1 small can of sliced**  
**black olives**
- 16 oz. shredded Mexican cheese**  
**or cheese of choice**
- 1/4 cup mayonnaise**
- 2 bunches shallots, chopped**
- 3 tomatoes, chopped**

Mix sour cream, mayonnaise, and taco seasoning. In 9x11 dish layer beans, guacamole, sour cream mixture, cheese, green onions, black olives, and tomatoes. Serve with tortilla chips and fresh watermelon or fruit of choice for a delicious Sabbath meal!

## creamy crab dip

- 
- 8 oz. cream cheese, softened**
  - 1/2 cup sour cream**
  - 2 teaspoons  
Worcestershire sauce**
  - 1/2 teaspoon dry mustard**
  - 1/2 teaspoon seafood seasoning**
  - 1/2 teaspoon garlic powder**
  - 3 shallots, chopped**
  - 2 cans crab meat**
  - Tobasco to taste**
  - 2 cups shredded Colby  
Jack cheese**

Beat cream cheese and sour cream. Add Worcestershire sauce, dry mustard, seafood seasoning, garlic, shallots, crab meat, and Tabasco. Place in baking dish. Top with cheese. Bake at 350 degrees for 30 minutes. Serve with whole grain crackers, and a fresh salad.



## corn, crab, and shrimp bisque

- 1 stick butter**
- 1 tablespoon flour**
- 1/2 cup chopped onion**
- 1/4 cup chopped garlic**
- 1 quart half and half**
- 2 cans cream of shrimp soup**
- 2 tablespoons  
Worcestershire sauce**
- 1 pound crab meat**
- 2 cups shrimp, peeled  
deveined**
- 2 cans corn**
- 1-2 teaspoon(s) seafood  
seasoning**

Melt butter, add flour and stir. Add onions, garlic, and shrimp and simmer for 15 - 20 minutes. Add crab, half and half, cream of shrimp soups, Worcestershire, corn, and seafood seasoning. Simmer for 30 - 40 minutes.

## taco bean soup



**white beans  
ground turkey  
picante sauce  
taco seasoning  
salt & pepper  
garlic powder**

**Rinse beans, add water and bring to a boil.  
Let cook till beans are tender. In another pot,  
cook ground turkey till crumbly and brown.  
Add seasoning and picante sauce. Add to  
beans. Add water and spices to taste.**

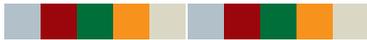


## potato soup



- 5 pounds potatoes (peeled, diced)
- 2-3 cups milk
- 1/2 cup butter
- onion, celery, garlic (chopped)
- salt (pepper) to taste
- shredded cheese of your choice

Boil potatoes with seasonings till tender. Drain water. Mash potatoes. Add milk to reach the consistency you desire for your soup. Top with shredded cheese of your choice. Serve hot.



## tortilla soup

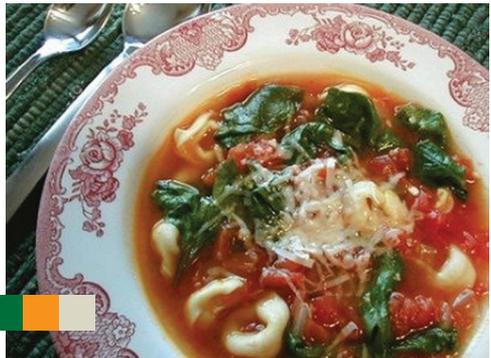
- 3 chicken breasts
- 5 cups water
- 1 can stewed Mexican tomatoes
- 1 bay leaf
- 1 tablespoon cumin
- 1 cup shredded cheese
- 1 cup sour cream
- tortilla strips or chips
- salt & pepper to taste
- sliced avocados or guacamole

Boil chicken breasts in water till tender. Cut into small pieces and return to pot. Add tomatoes and seasonings. Let simmer for several hours. Top with tortilla strips, cheese, sour cream, and guacamole. Serve hot.

# tortellini soup

- 2 packs cheese tortellini  
(found in the refrigerator section)
- 1/2 cup fresh spinach
- 2 8 ounce cans stewed Italian tomatoes  
(blend in blender)
- Parmesan cheese
- 4 cans chicken broth (or home made)
- 6 cloves garlic, chopped
- 6 leaves fresh basil
- 3 teaspoons olive oil

Saute garlic in olive oil. Add tomato, chicken broth and bring to a boil, cook 5 minutes. Add tortellinis, stir, cook 6 minutes. Add spinach and basil. Cook 2 minutes. Let set awhile. Sprinkle with Parmesan cheese. Serve hot with salad and warm French bread.



# ranch chicken salad

chicken breasts  
garlic powder  
salt  
head lettuce of choice  
spinach leaves  
apples  
almonds  
ranch packets  
mayonnaise  
milk

*optional: top with shredded cheese  
and croûtons or tortilla chips*

Prepare ranch dressing per package directions. Season chicken breasts and bake in 350 degree oven for 2 hours. Cut in strips. Wash lettuce and spinach. Slice apple into small pieces into salad. Sprinkle almonds. Toss together. Top each serving with cooked chicken and ranch dressing.

# avocado and fruit salad

- 1 avocado
- 1 pomegranate
- 2 tangerines
- 1/4 pound green grapes
- 1/2 cup pineapple chunks
- vinaigrette salad dressing
- curry powder
- honey to taste

Peel and slice a ripe avocado. Peel and remove pomegranate seeds and juice. Peel tangerines and separate. Wash grapes and separate from stems. Toss together with pineapple chunks, vinaigrette dressing, curry powder and honey. Top tossed fruit with peeled, sliced avocado. Chill



# my shepherd's pie

- 1 pound ground turkey
- 1 can petite pois peas
- 1 onion diced
- 1 bell pepper diced
- 1 tablespoon garlic powder
- 2 tablespoons flour
- kitchen bouquet
- 8 medium potatoes
- 1-2 cups milk
- 4 tablespoons butter
- water as needed
- salt to taste

Peel and boil potatoes. Mash, and whip in milk, butter, and salt to taste. Put aside. Brown ground turkey till crumbly and done. Add onions, peppers, garlic and let simmer for 10 minutes. Add flour, salt and 2 tablespoons of Kitchen Bouquet. Add water till desired consistency. Add drained peas. Put meat mixture in casserole pan. Top evenly with mashed potatoes. Bake 20 minutes at 350 degrees. Serves 5-7

## avocado chicken melt

- 4 boneless skinless  
chicken breast halves
- 1/3 cup cornstarch
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/3 teaspoon cayenne pepper
- 1 egg
- 1/2 cup cornmeal
- 1/2 cup olive oil
- 1 medium avocado, sliced thin
- 2 cups Monterey Jack  
cheese, shredded
- sour cream
- salsa
- sliced green onions

Pound chicken and set aside. Combine cornstarch, cumin, garlic powder, salt, and cayenne. In another bowl, beat egg and add water. Dip chicken into mixture, then into cornstarch

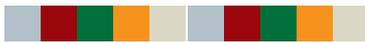
mixture; then coat with cornmeal. Brown chicken in oil until golden brown on both sides. Place in a greased 13 x 9 pan. Arrange avocado evenly on top. Bake uncovered, at 350 degrees for 15 minutes. Sprinkle with cheese. Serve with sour cream, salsa, and green onions.



## biscuit tuna bake



- 12 to 16    **ounces of tuna or salmon,  
drained and flaked**
- 2    **cups white sauce**
- 1    **can of petits pois peas**
- 1    **can of refrigerated biscuits**



## white sauce

- 2    **tablespoons butter**
- 2    **tablespoons flour**
- 2    **cups milk**
- salt, pepper, and garlic  
powder to taste**

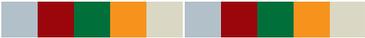
To make white sauce, melt 4 tablespoons butter. Whisk in 4 tablespoons flour. Add onions and bell pepper and simmer 10 minutes. Gradually add in 2 cups of milk. Cook over low heat till sauce thickens. Add salt, pepper, garlic powder to taste. Add peas and tuna to white sauce and place in baking dish. Top with biscuits, and bake till biscuits are done.

# falafel

- 4 cups cooked garbanzo beans, mashed
- 1/3 cup bread crumbs
- 3 tablespoons oil or tahini
- 1 hot red pepper, chopped finely
- each of basil, tumeric, thyme, marjoram, cumin, coriander seed
- pinch
- 1 tablespoon garlic powder
- 2 eggs
- 1/4 cup flour
- 4 tablespoons oil

Mix beans with crumbs, and seasonings. Add eggs. Form patties. Roll in flour. Brown in oil. Drain on paper. Serve hot with plain yogurt, tomatoes, and lettuce topping.

# crescent mexican pizza

- 
- 2 packages crescent rolls**
  - 1 pound ground turkey, browned**
  - 1 package of taco seasoning**
  - 2/3 cups of water**
  - 1 can mexicorn**
  - 1 can black beans**
  - 2 cups shredded cheese**

After browning turkey, add taco seasoning mix and water. Line prepared pizza pan with crescents with longest points outward till completing a circle. On thick area layer meat, corn, and beans. Top with cheese. Close crescents over stuffing. Bake crescents per package instructions. Serve plain or with sour cream and salsa.

## island chicken

This was a great dish we ate on our trip to the Virgin Islands for our first anniversary (before our family grew). *It was too delicious not to try at home!*

**chicken breasts**  
**garlic powder**  
**salt**  
**shredded cheese**  
**sour cream**  
**avocado, peeled and sliced**  
**(guacamole may be used as substitute)**

Season chicken breasts and bake in 350 degree oven for two hours. Serve warm, topped with shredded cheese, sour cream and avocado.

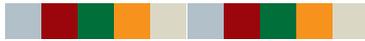


## dessert blintzes

**3/4 cup flour**  
**1/2 teaspoon salt**  
**2 eggs, beaten**  
**1 cup milk**  
**1 tablespoon melted butter**  
**fillings**  
**(recipes on following pages)**

Mix the flour and the salt in a large bowl. Add eggs, milk, and butter. Beat until smooth. Melt butter in a small frying pan on medium heat. Pour enough batter for a thin pancake; tilt the pan so the batter is spread evenly. Cook until top looks dry. The part of the blintze that is crispier will serve as the outer part of your blintz. Remove each blintz from pan using spatula and place between layers of wax paper. This should be enough for 12 blintzes. Place filling in center of the softer side of the blintz. Fold blintz to enclose filling. Return to frying pan and cook on each side until brown. Use 2 tablespoons of filling for each blintz. Serves 6.

## fillings



### cream cheese

- 8 ounces cream cheese
- 8 ounces whipped cream
- 2 teaspoons sugar
- 1 teaspoon vanilla

Whip together. Top with fresh fruit and whipped cream.

## apple

- 2 apples, skinned, and sliced**
- 1 tablespoon ground almonds**
- 1/4 teaspoon salt**
- 1 tablespoon brown sugar**
- 1/2 teaspoon cinnamon**
- 1 tablespoon lemon juice**

Cook apples in microwave for 2 minutes or until tender. Combine all ingredients and mix well. These filled apple blintzes taste great with a dollop of sour cream.

## blueberry

- 1 1/2 cup blueberries**
- 1 1/2 tablespoons flour**
- 1/4 teaspoon cinnamon**

Combine all ingredients and mix well. Top the filled blintz with whipped cream and fresh blueberries.

 fruit pizza

- 2 refrigerated puffed pastry dough
- 16 ounce container whipped topping (thawed)
- 8 ounce package cream cheese (room temperature)
- 5 tablespoons honey
- sliced fruit of your choice (we like blueberries, kiwi, grapes, bananas)
- 1 cup coconut flakes
- 1 cup chopped nuts

**Place both pieces of pastry in lightly sprayed 13 x 9 inch pan. Bake as directed.**

**Let cool. Mix cool whip, cream cheese and honey. Spread over crust. Decorate with fruit pieces. Top with coconut and nuts. Keep in fridge till ready to serve.**



## dark chocolate walnut cake

- 1 1/2 cups chopped walnuts
- 2 3/4 cups unbleached flour
- 2 cups brown sugar
- 1 1/2 cups butter (melted) or  
1 cup coconut oil
- 5 eggs
- 1/2 teaspoon vanilla
- 3/4 cup dark chocolate or carob powder
- 1/4 teaspoon salt
- 1 cup (+ 2 tablespoons) milk

Preheat oven to 350 degrees. Spray pan.  
Mix in order given. Pour in 13 x 9 inch  
pan. Bake 25 – 40 minutes or when it  
springs up in the middle when touched  
lightly.

# oatmeal cookies

- 2 cups butter (softened)
- 4 cups brown sugar
- 4 eggs
- 1/2 teaspoon vanilla
- 4 cups unbleached flour
- 5 cups oats
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2 teaspoons baking soda



*optional: 24 ounces carob or chocolate chips  
3 cups chopped pecans*

Mix together flour, oats, salt, baking powder, and baking soda. Set aside. Cream together butter and brown sugar; add eggs and vanilla and mix well. Slowly add dry ingredients mixing thoroughly. If desired, add carob or chocolate chips and chopped pecans. Roll into golf ball–size cookies 2” apart. Bake on ungreased cookie sheet at 375 degrees for approximately 6–8 minutes.

# peanut butter cookies

(no bake recipe)

- 1 1/2 cups sugar**
- 1/4 cup carob (or cocoa) powder**
- 1/2 cup milk**
- 1/2 cup butter**
- 3 cups oats**
- 1/4 cup chunky peanut butter**
- 8 ounces coconut flakes**

Boil sugar, carob, milk, and butter in a large pan for one minute. Mix in oats and peanut butter. Roll into balls and coat with coconut. Refrigerate until set.

## ice cream

ice cream of your choice  
sliced bananas, kiwi,  
apples, strawberries  
crushed pineapple  
granola, pecans, or  
sunflower seeds  
coconut flakes  
whipped cream

Ice cream any way is by far the easiest dessert of all on the Sabbath. This can even be your Sabbath meal if you like. Wishing you Shabbat Shalom, or a peaceful day of rest!

## chapter two

# *What is Firstfruits?*

“Tell the Israelites, When you have come into the land I give you and reap its harvest, you shall bring the sheaf of the **firstfruits of your harvest** to the priest.”

Leviticus 23:10

“Also in the day of rejoicing, and in your set feasts, and at the beginnings of your months, you shall blow the trumpets over your burnt offerings and your peace offerings; thus they may be a remembrance before your God. I am the Lord your God.”

Numbers 10:10

It is important to bring our firstfruits to the Lord, to give Him preeminence in everything. We like to celebrate the beginning of each month by setting aside time to worship the Lord and offer our best gifts to Him.

Firstfruits is a very important event. When the new Hebrew month begins, we give the Lord the first of our time and spend it by celebrating who He is and who we are in Him. This helps us keep our focus on why we are here on the earth. We are here to worship, to serve, and to bring glory to our Creator. We also give Him the first offering of whatever we have to give at that time. There is so much to learn about the Hebrew months. I recommend finding out all you can about each month and sharing with one another as a family. Remind yourself to “Seek first His Kingdom and His Righteousness,” and to give Him first place in everything.

Celebrating First fruits and Rosh Kodesh (beginning of the month) isn't really a religious act. It is a heart issue. It blesses the Lord, and reminds us why we live, and move, and have our being.

The Lord asked our family to give up our home and move to another location. We left much behind, including our adopted cat, named Puss Puss. We had adopted him from an elderly neighbor who had to relocate after Hurricane Katrina. Of course, we knew this cat needed to stay in the area it had been all of its life. We said, "Goodbye!", but it was very hard. In our new home a few days before Rosh Kodesh, a kitten showed up in our neighborhood.

We vigorously tried to find its owner, but could not. In between homeschooling each of our, at that time, 10 children additional time was spent in the garage caring for the cat. Sadly, the next morning, a girl came to our door claiming it was her kitten. Though her mom had clearly stated it wasn't theirs, we returned it to the teen. I asked my children, "Can the Lord redeem this situation?" With huge tears in their eyes, they sniffingly said, "Yes, mam!" And He definitely did! Within the next few days, she returned with our kitten in hand begging us to take it. Why am I relaying this story here? When we sought a name for this gift from God, we found, Roshi after Rosh Kodesh, and he truly is a cat from heaven!

## **Here are some ways our family celebrates this feast:**

1. Worship and read Bible for half a day like they did in Bible times. We want to be stronger and go longer in our times of prayer and worship instead of limiting our worship times to Sunday mornings or Wednesday evenings.
2. Our family likes to give Him the first of every day, so we worship when we get up and at the beginning of the Hebrew day (6:00 pm). It is an honor to worship the Creator of all things!

## chapter three

# *Feast of Passover Unleavened Bread*

“These are the set feasts or appointed seasons of the Lord, holy convocations you shall proclaim at their stated times!”

Leviticus 23:4

**The feast of Passover or *Pesach* (Hebrew for Passover) is held in conjunction with the Feast of Unleavened Bread.**

“On the fourteenth day of the first month at twilight is the Lord’s Passover. On the fifteenth day of the same month is the Feast of

Unleavened Bread to the Lord; for seven days you shall eat unleavened bread. On the first day you shall have a holy “calling together;” you shall do no servile or laborious work on that day. But you shall offer an offering made by fire to the Lord for seven days; on the seventh day is a holy convocation; you shall do no servile or laborious work on that day.”

**Passover is a holiday of newness, rebirth, and freedom. It is celebrated in early spring around March or April. In Exodus 12 , we can read how Yahweh set His people free. The Passover lamb brought redemption from slavery as it was a sign that told the angel of death to pass over the firstborn children of Israel. This was a picture of when God would send another lamb, Yeshua, the Lamb of God. His death and resurrection made it possible for us to be free from all the power of the enemy. Complete freedom from sin, sickness, poverty, shame, and all the effects of the curse. Yahweh’s sacrifice of His only begotten**

**son, and Yeshua's laying His life down, makes us free to heal the sick, bind up the broken hearted, raise the dead, inherit eternal life, do the greater works, and enjoy the benefits of His Kingdom in this life, and the life to come.**

“Purge (clean out) the old leaven that you may be fresh (new) dough, still uncontaminated [as you are], for Christ, our Passover [Lamb], has been sacrificed.”

1 Corinthians 5:7

**The Lord asked that we eat only unleavened bread during this feast (Exodus 12:14-17).**

We usually celebrate the Passover by participating in the Seder meal which is probably very close to how Yeshua celebrated with His disciples during His Last Supper. We are not legalistic about this, and we encourage you not to be either. Just enjoy the heritage you have as a grafted-in child of Israel.

**Here are three family fun ideas you may want to try:**

1. Give gifts to your children after they find the hidden matzo.
2. Make a Seder plate using paper plates, markers or acrylic paint. After making your Passover design, spray with clear liquid plastic.
3. Participate in the counting of the omer (please see note at the end of this chapter).

# The Passover Ceremony or Seder

(Taken from *Focus on the Family Magazine*, April 1994)



**Place two white candlesticks in the center of the table. Then at each place setting, provide the following:**

- 2** sprigs parsley
- 1** tablespoon Charoseth
- 4** servings grape juice (3 oz. ea.)
- 1/2** teaspoon horseradish
- 1/4** square matzo
- 1** stuffed egg
- 1** bowl salt water (per 4-5 people)

**At the leader's place setting, provide the following:**

- 1** bowl salt water
- 1** lamb bone
- 3** whole squares matzo
- 4** napkins (matzo squares are stacked between the napkins on a plate)

The extra place setting symbolizes the future appearance of Elijah, who will signify the coming of the Messiah.

**Create an extra setting for "Elijah" that is the same as the other settings with this exception: only one glass of juice is poured and left next to the plate.**

Following are important Seder instructions:

-  **The Cleaning of the Leaven:** A few crumbs of leavened bread are dropped on the floor. The father or another male leader then sweeps them up as a symbol that the house is ready.
  
-  **The Lighting of the Candles:** The candles are lit by the mother who recites, “O Lord our God, King of the Universe who sanctifies us by Your commandments and has ordained that we kindle the Passover lights!”
  
-  **The First Cup—The Cup of Sanctification:** The father lifts his cup and explains, “Sanctification means to be set apart. We are setting apart this ceremony as special to our Lord.” The Jews remember Exodus 6:6a, “I will bring you out[set you apart] from under the burdens of the Egyptians.” God performed miraculous deeds to free Israel from Egypt. As believers, we remember the death of Jesus to free us. *(Everyone drinks.)*

-  **Washing of the Hands:** Here the father washes his hands in a basin as a reminder of the priest's need to wash before going before God on behalf of Israel. As Jesus celebrated His last Passover with His disciples, John 13 records that He took a towel and washed their feet instead of His hands as a symbol of His rightful leadership.
-  **Dipping the Parsley:** Everyone dips their parsley, one sprig at a time, into the saltwater and then eats it. The first dip refers to the tears shed in slavery by the Israelites. The second dip symbolizes the drowning of the Egyptian army in the Red Sea and the miraculous deliverance of the nation of Israel as a result (Exodus 14:13-31).
-  **Breaking of the Middle Matzo:** The father takes the middle square of the three whole matzos, breaks it in half, puts one half back and hides the other half anywhere he wants. Everyone closes their eyes while this is done. The children will look for the

hidden piece later. The three squares of matzo are a beautiful picture of the Trinity, with the middle piece representing Jesus—broken and hidden away.



**The Four Questions:** At this point the youngest child and the father interact to explain why Passover is celebrated. After asking the first “stage-setting” question, the child will ask four detailed ones.

**Child:** “Why is this night different from all other nights?”

**Father:** “Once we were slaves in Egypt, but now we are free, and we set aside this night each year to remember the great things God did for us.”

**Child:** “On all other nights we eat either bread or matzo, but why, on this night, do we eat only matzo?”

**Father:** “Matzo reminds us of two things—we were delivered from slavery in Egypt, and we have a new life.”

Child: "On all other nights we eat any kind of vegetables and on this night why bitter herbs?"

Father: "The bitter herbs remind us of the bitterness of slavery in Egypt."

Child: "On all other nights we eat either sitting up or reclining, but why on this night do we all recline?"

Father: "Before we were slaves but now we are able to recline to express the rest we enjoy as free people."



**The Story of Passover:** During this time, Exodus 12:1-13 is read with brief comments and with the elements held up at the appropriate moment.



**The Lamb Bone:** The lamb was killed, its blood spread on the door posts and the lintel of the house to protect the home from the 10th plague, the slaying of the firstborn. God said He would pass over the house when He saw the blood.

The Unleavened bread: Dough was not given time to rise since the Hebrews had to be ready to leave quickly.



**The Second Cup—the Cup of Plagues:**

God poured out 10 plagues on Egypt, the last of which, the slaying of the firstborn, convinced Pharaoh to let the people of Israel leave the land. After this explanation, the father invites the participants to recount these plagues. He reads each plague aloud; they repeat it and then dip a finger into the grape juice, letting a drop fall onto the plate to symbolize the plagues. Believing fathers can now add: “Now, let us lift our cups and drink, thanking God that He not only delivered the nation of Israel from the plagues, but that, through Jesus, He delivered us from the plague of sin, which brings death that we all deserve.”



**The Bitter Herbs:** Each person places horseradish on matzo and eats it, symbolizing the bitterness of Israel’s slavery.

-  **Eating of the Charoseth:** Each person places charoseth on a matzo and eats it, symbolizing the mortar that was used to make bricks by the Israelites.
  
-  **Eating the Egg:** The father presents the egg as a reminder of the Temple's destruction in A.D. 70. The egg is dipped into the saltwater, the symbol of tears, and then is eaten.
  
-  **Eating of the Meal:** At this point, the Jewish family eats a full meal.
  
-  **Eating of the Afikomen:** This Greek word loosely translated means, "after dinner." At this point, the children hunt for the hidden matzo. Whoever finds the piece gets a token reward, maybe a coin, gifts, or candy. When found, the Afikomen is broken and shared. Likely, it was at this point that Jesus said, "This is My body given for you." Luke 22:19



### The Third Cup—the Cup of Redemption:

The leader says, “I will redeem you” (from Exodus 6:6). Then everyone drinks. Redemption means to buy out of slavery. The lamb offered on Passover was the price to deliver the nation of Israel. This third cup is what Jesus drank with his disciples as a symbol of His blood (Matthew 26:28).



The Search for Elijah: This is where one of the children peeks out the door and asks:

**Child: Is Elijah there?**

**Father: No, he is not here. Maybe next year  
Elijah will come.**

The Jewish people believe, according to Malachi 3:1 and 4:5-6, that Elijah will prepare the way for the Messiah. They are looking for the Messiah year after year, not recognizing that He, Jesus, has already come.



### **The Fourth Cup—the Cup of Praise:**

**As everyone lifts this cup, the father quotes Exodus 6:7, “I will take you for My people.” The Jewish nation looks forward to a golden age where everyone will be at peace. We, as believers in the Lord Jesus, eagerly wait for His return. So, with the Passover ceremony finished, everyone drinks the fourth cup proclaiming, “Even so, come quickly Lord Jesus.”**

**I love that this beautiful Passover meal is the Last Supper Jesus celebrated with His disciples before His crucifixion!**

“Similarly when supper was ended, He took the cup also, saying, This cup is the new covenant [ratified and established] in My blood. Do this, as often as you drink [it], to call Me [affectionately] to remembrance.”

1 Corinthians 11:25

# Passover Recipes



matzo

**3 cups flour**  
**(plus extra to knead the dough)**  
**1 1/2 cups water**

Preheat oven to 450 degrees. Put the flour in a large mixing bowl and gradually add the water. Begin to knead the dough with your hands, adding extra flour if necessary until you get a pliable mound of dough. This should take 3 – 5 minutes. Divide the dough into eight balls; roll each of these into a circle and make into a piece of matzo. Using a fork, make rows of holes in each of the matzos in a neat pattern. Place matzo on the cookie sheet and bake for about 10 – 15 minutes, or until lightly browned. Makes 8 matzo.

## flat bread

- 2 cups whole wheat flour
- 1/2 cup yellow cornmeal
- 1/2 teaspoon salt
- 4 tablespoons butter
- 2/3 cup warm water

Stir flour, cornmeal and salt together. Cut in butter and mix until crumbly. Stir in warm water and chill. Roll chilled dough into balls the size of large marbles. Roll out onto paper-thin rounds, 4 inches in diameter. Bake on an ungreased cookie sheet at 375 degrees for 5 minutes or until lightly browned. Cool and store tightly sealed container. This dough may be wrapped in waxed paper and kept in the refrigerator to be baked as needed.

## unleavened bread

- 3 cups flour
- 2 tablespoons oil (or butter)
- 3 large eggs
- 1/2 cup water (or milk)
- 1 teaspoon salt

Combine flour and salt. Combine eggs and oil; beat, then add egg mixture to flour. Add milk, beat hard 2 – 3 minutes. Pour into three 8 inch square greased pans. Bake at 450 degrees for 20 minutes.



## almond bread

- 4 eggs
- 3 cups flour
- 1 cup sugar
- 1 small bag slivered almonds
- 3/4 cup oil (or butter)
- 1 teaspoon almond extract



Mix sugar, eggs and 1 cup flour, add oil or butter. Add remaining ingredients. Pour into 2 sprayed or buttered bread pans, bake for 350 degrees for 30 minutes. Remove from pans; slice as needed.

## cheese bread

- 1/2 pound longhorn cheese
- 1/2 pound monterey jack cheese
- 3 eggs
- 1 cup flour
- 1/2 cup butter, melted
- 1 1/3 cup milk
- 1 teaspoon salt

Grate cheeses, mix all ingredients and pour in greased pan. Bake at 350 degrees for 45 minutes.

## heavenly eggs

- 6 eggs, hard-boiled
- 1/4 cup mayonnaise
- 1 teaspoon mustard
- 1 teaspoon vinegar
- 1/2 teaspoon salt
- pepper to taste

Halve hard-boiled eggs lengthwise. Remove yolks and mash with remaining ingredients until smooth. Refill egg whites. Garnish with sliced olives and paprika, if desired.

## passover pizza

- 1 full sheet of matzo
- 1/2 cup pizza sauce
- 1/2 cup grated cheese (your choice)

Preheat oven to 400 degrees. Place matzo on baking sheet. Spread sauce, top with cheese. Bake 5 minutes or until cheese is bubbly.

## chicken stew

- 7 chicken breasts
- 1 pound carrots, diced
- 2 cups diced aromatics (onion, celery, garlic, peppers ... )
- 1/2 cup canola oil
- 3/4 cup unbleached flour
- salt and pepper to taste
- Kitchen Bouquet

Put oil in pan and heat on low. Flour chicken breasts. Place in oil. Brown on both sides. Add chopped seasonings and water. Let cook until chicken is done. Cut up chicken into bite size pieces. Add kitchen bouquet as desired. Cut carrots and add to pan. Let simmer till carrots are done. Serve over rice.



## yam and carrot tzimmes

- 1 sweet potato
- 2 carrots
- 1 apple
- 2/3 cup raisins  
(or prunes)
- 1/3 cup sugar
- 1/2 cup corn meal (or matzo meal)
- 3 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 cup canola oil

Tzimmes refer to foods mashed up and mixed with honey or sugar. Tzimmes can also refer to making a big fuss over little things. Be creative and invent your own family tzimmes!

Preheat oven to 350 degrees. Wash potato, carrots and apple. Grate apple, potato and carrots. Add remaining ingredients and mix until well blended. Spoon into greased 8 inch square pan and bake 40 minutes.

## pita sandwiches

- 2 pitas
- 1 tomato, diced
- 1 avocado, peeled and sliced
- 1 cup alfalfa sprouts
- 1 cup carrots, shredded
- 8 ounces mushrooms, sliced
- 1 cup ranch dressing
- 1 stick butter
- 1/2 cup shredded cheese (optional)

Cut pita in half and open halves. Sauté mushrooms in butter. Spread dressing in pita. Put avocados in pita, top with tomato, carrots, sprouts and mushrooms.

## charoseth

- 1 apple, finely chopped
- 1/2 cup nuts, finely chopped
- 1 tablespoon honey
- 1 tablespoon grape juice
- 1/2 teaspoon cinnamon

Mix all ingredients to your liking and enjoy!

## dipped matzo peanut butter cookies

peanut butter  
matzo squares  
white chocolate, melted

Spread peanut butter on matzo squares. Put two together. Cut into four square pieces. Dip in white chocolate. Let cool on wax paper.

## dark chocolate kisses

1/3 cup chopped walnuts	3 large eggs
1/3 cup chopped pecans	(whites only)
1/3 cup carob or	1 cup sugar
dark chocolate chips	1/2 teaspoon vanilla

Preheat oven to 300 degrees. Beat egg whites until they form peaks. Gradually beat in the sugar and vanilla until whites are stiff. Gently stir the nuts and carob chips into the egg whites with a spoon. Drop the batter into baking cups or parchment paper in a tear drop shape. Bake for 20 – 30 minutes, until the kisses are hard but still white.

## matzo pie

- 1 cup sugar
- 3 egg whites
- 1 cup pecans
- 5 matzo crackers
- 8 ounces whipped topping
- 2 tablespoons instant cocoa  
(or carob powder)

Beat egg whites until stiff. Add sugar. In a large bowl mix this with chopped pecans and mashed matzo crackers.

Mixture will be fairly thick. Pour into buttered pie pan. Bake at 350 degrees. Cool thoroughly. Cut and serve with whipped topping mixed with cocoa powder.



## *Counting of the Omer*

Are Jewish people the only ones who can benefit from the counting of the omer? You may be wondering what on God's green earth is an omer and why should I count it.

An "omer" is a Hebrew word referring to a measurement of harvest. Is it beneficial for Christians to expect a harvest? A farmer would be insane to plant seeds and not expect a harvest.

Very briefly, counting the omer refers to the counting of the 50 days between Passover and Pentecost. This was actually a command that was given by God to the Israelites found in Leviticus 23:15.

Quite simply, what is involved is counting your "blessings", and this is an extremely important activity for Christians to engage in for several reasons.

1. The Passover represents freedom and Pentecost represents the giving of God's Word and His Holy Spirit. What value does freedom have without a vital reason to exercise that freedom? The counting of the omer reminds us daily of our purpose, our destiny in the Lord.
2. With all the craziness that is going on around us, we need to be reminded of what SETS US APART. What sets us apart is the availability of experiencing the awesome blessings of our Lord and King. This is accomplished as we set aside these 50 days to do just that.
3. Even the world around us seems to recognize the importance of countdowns. We see it with New Year's and with rocket launches. As we participate in the "omer countdown", an expectation to see God's hand moving in our lives will build up in our hearts and minds. You

see, His flow of blessings in our lives are regulated by our faith.

4. And finally, an unexpected benefit was realized as we observed this activity. It takes mental discipline to follow a 50-day countdown. I know discipline is a dirty word these days but we all need to find ways to cultivate this character trait back into our lives. We invite you to join us in “counting the omer”.

And you shall count from the day after the Sabbath, from the day that you brought the sheaf of the wave offering, seven Sabbaths; [seven full weeks] shall they be.

Leviticus 23:15 (AMP)



## chapter four

# *Feast of Weeks*

## *Pentecost*

### *Shavuot*

“And you shall count from the day after the Sabbath, from the day that you brought the sheaf of the wave offering, seven Sabbaths; [seven full weeks] shall they be. Count fifty days to the day after the seventh Sabbath; then you shall present a cereal offering of new grain to the Lord... You shall make proclamation the same day, summoning a holy assembly; you shall do no servile work that day. It shall be a statute forever in all your dwellings throughout your generations.

And when you reap the harvest of your land, you shall not wholly reap the corners of your field, neither shall you gather the gleanings of your harvest; you shall leave them for the poor and the stranger. I am the Lord your God.”

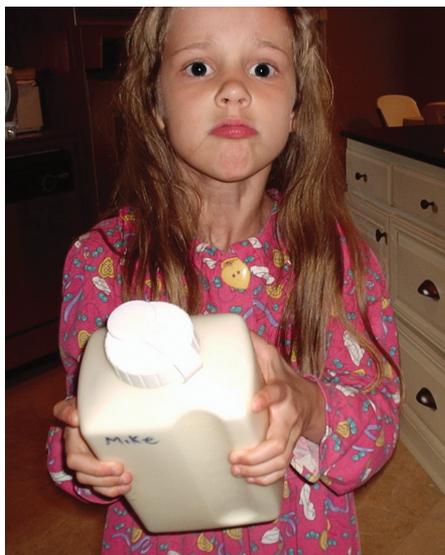
Leviticus 23:15-16, 21-22

**Seven weeks after Passover (the sixth and seventh day of the Hebrew month Sivan in May or June) is the celebration of Shavuot. The Ten Commandments were given to the Jewish people at Mount Sinai on Shavuot. Every Shavuot, they brought firstfruits of their farms to the Temple in Jerusalem. At Pentecost, in Acts 2, the disciples were celebrating this feast and studying Torah. This is when Holy Spirit was released to the Church. Jesus promised His power would be within us before He returned to His Father in Heaven. John 14:16-17 “And I will ask the Father, and He will give you another Comforter (Counselor, Helper, Intercessor, Advocate, Strengtheners, and Standby), that He may remain with you forever. The Spirit**

of Truth, Whom the world cannot receive (welcome, take to its heart), because it does not see Him or know and recognize Him. But you know and recognize Him, for He lives with you [constantly] and will be in you.”

During Pentecost we thank Him for His endless blessings, especially the gift of Holy Spirit!

We especially like to eat rich dairy dishes, and fruits.



shakin the  
cream for our  
Pentecost  
dishes

**Here are some fun family ideas to celebrate:**

1. **Make your own butter:** Put  $\frac{1}{2}$  cup heavy cream in a jar with a secure cap ( $\frac{1}{2}$  cup per child). Tighten the cap and shake until the cream separates into butter and whey (or liquid). Pour off whey. Your family will enjoy this fresh, rich treat!
2. **Scripture Sleepover:** Stay up all night reading and studying the Bible together. Have easy-to-eat party foods, snacks, and drinks while you have a slumber party for the King of Kings!

## *Shavuot Recipes*

### easy cheese blintzes

- 4 ounces cream cheese (softened)**
- 1 teaspoon sugar**
- 2 eggs**
- $\frac{1}{4}$  teaspoon salt**
- 12 soda crackers**
- 2 tablespoons oil (for frying)**

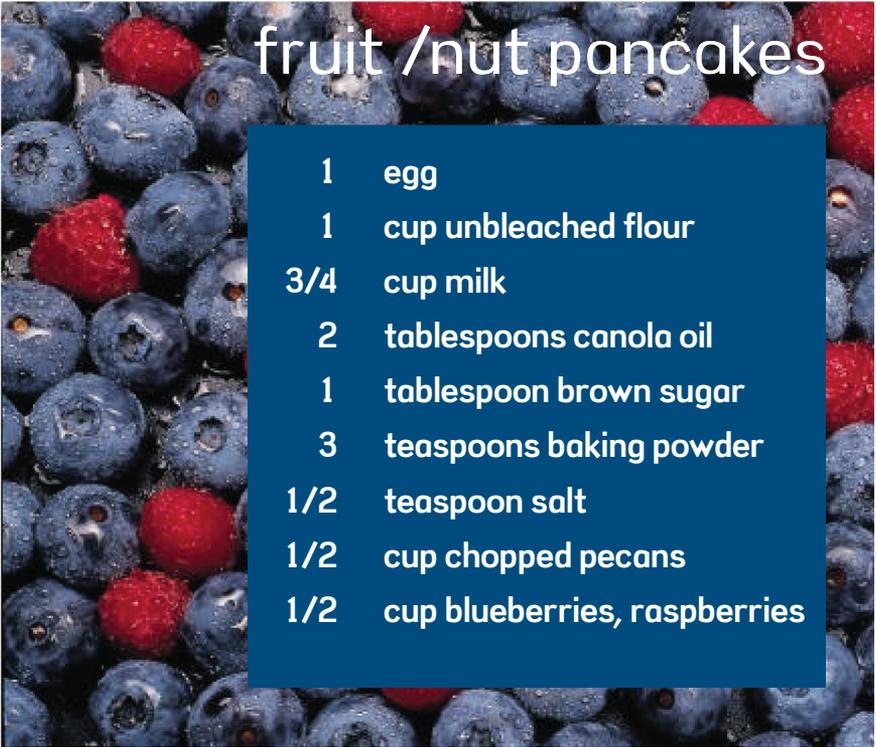
Let cheese soften. In mixing bowl add cheese and sugar. Mash till smooth. Break eggs into another bowl. Spread the cheese on 6 crackers with a knife. Put the other crackers on top like a sandwich and press down. Heat oil in frying pan. Dip each sandwich into the egg. Soak well and get every surface egggy. Fry until golden brown on both sides.

## spinach quiche

- 1 package refrigerated pie shells
- 1 box frozen spinach (10 oz. cooked and squeezed well)
- 1 cup Swiss cheese (shredded)
- 1 cup cheddar cheese (finely grated)
- 6 eggs (beaten)
- 2 cups milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 cups cooked chopped meat (if desired: ham, bacon, chicken, etc.)

Spray 13 X 9 pan. Arrange crusts in bottom of pan. Place meat and cheeses on bottom of pie shells. Mix other ingredients and pour on top. Bake at 375 degrees for 30 minutes.

## fruit / nut pancakes

- 
- 1 egg
  - 1 cup unbleached flour
  - 3/4 cup milk
  - 2 tablespoons canola oil
  - 1 tablespoon brown sugar
  - 3 teaspoons baking powder
  - 1/2 teaspoon salt
  - 1/2 cup chopped pecans
  - 1/2 cup blueberries, raspberries

Beat egg until fluffy; beat in remaining ingredients just until smooth. Grease griddle or pan. Pour about 3 tablespoons batter from tip of large spoon or from pitcher onto hot pan. Cook pancakes until puffed and dry around edges. Turn and cook other sides until golden brown. (To keep pancakes hot, stack on hot plate with paper towels in between; place on cookie sheet in 250 degree oven.)

## pancake variations



**applesauce pancakes:** 

Omit blueberries. Decrease milk to 1/2 cup. Beat in 1/2 cup applesauce and 1/4 teaspoon ground cinnamon.



**banana pancakes:** 

Omit blueberries. Beat in 1 medium banana, cut into 1/4 inch pieces (about 1/2 cup), and 1/4 teaspoon ground nutmeg.



**peachy pancakes:** 

Omit blueberries. Beat in 1/4 teaspoon cinnamon and 1 medium chopped peach.

## freedom toast

- 1/2 cup unbleached flour
- 1 tablespoon sugar  
(plus 1 1/2 teaspoons sugar)
- 1/4 teaspoon salt
- 2 cups milk
- 6 eggs
- 18 slices French bread (1" thick)
- 1 tablespoon butter

Beat flour, sugar, salt, milk, and eggs. Soak bread in egg mixture until saturated. Heat butter in skillet until melted. Cook bread until golden brown, about 12 minutes on each side. NOTE: To make a honey spread for toast, beat 1/4 cup butter and 1/4 cup honey with fork in bowl. Sprinkle with a little nutmeg. Microwave if you prefer it warm.

## jewish apple cake

- 4 egg yolks
- 1/2 cup sweet cream
- 1 tablespoon sugar
- 1 teaspoon cinnamon
- 8 apples, peeled and sliced
- 1/2 cup slivered almonds
- powdered sugar

Spread butter dough (recipe follows) in a 13 x 9 pan, pressing dough a little up the sides. Mix egg yolks, sweet cream, sugar, and cinnamon. Spread mixture evenly over the butter dough. Arrange apples on top. Sprinkle with almonds. Bake in 350 degree oven for 40 minutes, or browned. Sprinkle with powdered sugar while hot.

# butter dough

- 3 cups unbleached flour
- 1 pound sweet butter
- 2 eggs, beaten
- pinch of salt

Mix flour and salt with 1/2 pound of butter, cutting in butter using a pastry blender or fork. Add eggs and work dough until it bubbles. Roll out dough on a lightly floured board and spread 1/4 pound of butter over half the dough. Fold the other half over, and top with remaining 1/4 pound of butter. Fold dough over and roll flat, repeating rolling and folding process 3 times in all.



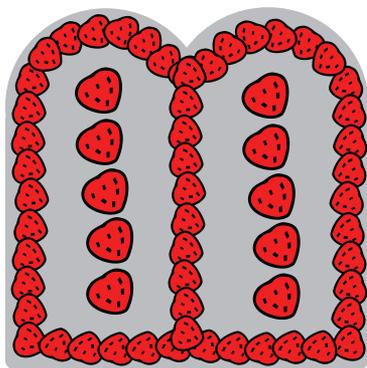
# granola

- 1 1/4 cups oats
- 1/3 cup wheat germ
- 1/4 teaspoon salt
- 2 tablespoons coconut
- 2 tablespoons sunflower seeds
- 1/4 cup almonds or walnuts, chopped
- 3 tablespoons honey
- 2 tablespoons oil
- 1/4 cup raisins

Mix oats, wheat germ, and salt in bowl. Add coconut, seeds, and nuts. Mix well. Put the oil (reserve 1 teaspoon) in the saucepan. Add honey. Heat and stir until the mixture begins to bubble. Pour over the oatmeal mixture and mix until there are no lumps and everything is evenly damp. Spread the remaining teaspoon of oil in the frying pan. Spoon the mixture into the pan. Cook at medium heat for 15 minutes, or until the granola is dry and light brown in color. Keep stirring. Remove from heat. Add raisins. Let cool. Store in covered jar.

# ten commandments cake

- 1 boxed cake mix (your choice)
- 1 pint strawberries
- 2 tablespoons honey
- 2 pints whipping cream
- 1 cup sugar



Use your favorite cake recipe, follow directions on box to bake in an 8 X 8 inch square pan. When done cut cake in half. Cut edges to form rounded edges on tops only (shape shown). Decorate with berry of your choice. Remove strawberry stems. Put 10 strawberries aside. Slice rest, put in bowl with honey. One hour before eating, beat cream, add sugar. Spread on cake. Outline cake edges and center line with sliced strawberries. Put 5 whole strawberries down the middle of each side to represent 10 commandments. (See Above.) Keep in fridge till ready to serve.



## jewish cheesecake

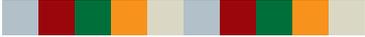
- 4 8 ounce packages cream cheese
- 1 teaspoon vanilla
- 7 eggs
- 1 teaspoon lemon juice
- 1 1/2 cup sugar
- 2 tablespoons cornstarch
- 1 pint whipping cream

Combine all ingredients. Pour into spring form pan and bake 1 hour (1/2 hour with oven door open and 1/2 hour with oven door closed) at 375 degrees. Top with fruit or topping of choice. Our two favorites are (1) whipped cream topped with chopped pecans, carob chips and coconut (2) fresh strawberries, washed, sliced and drizzled with honey.

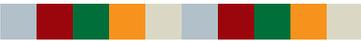
**NOTE:** *When I make this I use a 13 X 9 glass baking pan and it comes out perfect!*



## hummingbird cake

- 
- 2 cups mashed ripe bananas**
  - 1 1/2 cups canola oil**
  - 3 eggs**
  - 1 can (8 ounces) unsweetened crushed pineapple, drained**
  - 1 1/2 teaspoons vanilla extract**
  - 3 cups unbleached flour**
  - 2 cups sugar**
  - 1 teaspoon salt**
  - 1 teaspoon baking soda**
  - 1 teaspoon cinnamon**
  - 1 cup chopped pecans**

In a large bowl, beat the bananas, oil, eggs, pineapple and vanilla until well blended. Combine the flour, sugar, salt, baking soda and cinnamon in another bowl. Mix dry and liquid ingredients together. Stir in pecans. Pour into three greased and floured 9-in. round baking pans. Bake at 350° for 25–30 minutes or until a toothpick inserted near the center comes out clean. Cool, then frost cakes.

## wedding cake frosting

- 1 cup coconut oil
- 1/2 teaspoon salt
- 1 1/2 teaspoons vanilla
- 1/4 teaspoon almond
- 1/2 cup water
- 4 cups confectioners' sugar

Mix oil, salt, vanilla, almond extract, and water. Add powdered sugar 2 cups at a time. Add water if needed for desired consistency. Best if kept refrigerated.

# lemon meringue cheesecake



crust:

2 cups vanilla wafer crumbs

1/2 melted butter



filling:

2-8 ounces cream cheese

1/2 cup lemon juice

1 can sweetened condensed milk



meringue:

4 egg whites

1/2 cup sugar

Mix crumbs and butter and press into 9 inch spring form cake pan.

Beat cream cheese. Add juice and condensed milk being sure to blend well. Pour over crust. Chill for at least 3 hours or overnight. Before serving beat egg whites till stiff, adding sugar gradually. Spoon onto cheesecake. Bake in 350 degree oven 8 - 10 minutes until meringue is golden brown. (Be sure your meringue is cooked enough to insure that eggs are done.)

(You can add a whipped cream topping instead if you do not like meringue.)

## coconut carrot cake



Combine flour salt, soda, and oil. Beat in eggs one at a time. Add carrots, vanilla, coconut, and cinnamon (and nuts, if desired).. Pour into 2-9 inch cake pans or 13 X 9 inch pan. Spray or butter pan. Bake at 350 degrees for 30 minutes. Let cool. Frost with icing of your choice or our recommended favorite:

## cream cheese icing

- 2 8 ounce packages cream cheese
- 1 stick of butter
- 4 cups confectioners sugar
- 1 teaspoon vanilla



Blend butter and cream cheese.  
Whip in confectioner's sugar a  
cup at a time, add vanilla.

# my jerusalem chantilly



cake:

- 2 cups flour
- 1 1/2 cups sugar
- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 cup butter, melted
- 1 cup milk
- 3 eggs, beaten
- 1 teaspoon vanilla



fruit topping and filling:

- 1 cup strawberries, sliced
- 1 cup blueberries
- 1/4 cup honey



icing:

- 16 ounces cream cheese
- 1 cup confectioner's sugar
- 2 cups heavy whipping cream
- 2 teaspoons almond extract



**Preheat oven 350 degrees. Grease 2-8 inch round pans. Mix all ingredients together thoroughly in order given. Bake until toothpick in center comes out clean, 25-35 minutes. Cool. In separate bowl, combine strawberries and blueberries with honey.**

**Beat cream cheese, extract, and sugar. in a separate bowl, whip the heavy cream till stiff peaks. Whip the whipped cream with the cream cheese mixture.**

**Decorate by icing bottom layer first, then spoon 1/2 of fruit. Ice remaining layer, add other 1/2 of fruit to complete cake. Enjoy!**

## melon bowls



- 1 peach
- 8 strawberries
- 1 banana
- 2 small cantaloupes
- 1 cup vanilla yogurt
- whipped cream

Scoop out fruit from cantaloupes. Cut and mix fruit. Place cut fruit in canteloupe shells. Top with vanilla yogurt and whipped cream.

## chocolate or carob shake

- 1 cup milk
- 2 cups ice cream
- 1 teaspoon carob or coco powder
- whipped cream
- grated dark chocolate



Mix all ingredients in blender. Blend well. Top with whipped cream and grated chocolate.



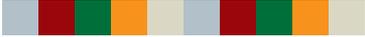
## chocolate coconut balls

- 1 3/4 cups confectioners' sugar
- 1 3/4 cups flaked coconut
  - 1 cup finely chopped almonds
  - 2 cups dark chocolate chips
- 1/2 cup sweetened condensed milk
- 1/2 teaspoon coconut oil

Combine sugar with coconut, almonds, and condensed milk. Shape into 1 inch balls. Place in refrigerator until firm. Melt chips with oil until smooth. Dip each ball into chocolate. Place on waxed paper till set. Store in refrigerator.



## cayenne cookies

- 
- 1 1/2 cups flour**
  - 3/4 cups cocoa**
  - 3/4 teaspoon cinnamon**
  - 1/4 teaspoon cayenne**
  - 1/4 teaspoon salt**
  - 1/4 teaspoon black pepper**
  - 1 cup sugar**
  - 1 1/2 teaspoons vanilla**
  - 1 egg**
  - 12 tablespoons butter**

Mix egg, vanilla, and sugar until creamy. Cut butter into small pieces and add to mixture stirring well. Mix dry ingredients in separate bowl, and slowly add to egg mixture. Make half of mixture into 8 inch log on wax paper and roll paper around it. Repeat with other half. Freeze 4-8 hours. Remove from freezer. Preheat oven to 350 degrees. Slice into 1/4 inch thick rounds. Place on greased cookie sheet 1 inch apart. Bake 10 minutes.



## pistachio nut cake

- 1 boxed white cake mix
- 4-5 eggs
- 1/2 cup canola oil
- 1/2 cup water
- 1 pack pistachio pudding mix
- 1/2 cup milk

Mix together. Place in 13 x 9, or bundt pan sprayed with cooking spray. Bake 30 minutes at 350 degrees or until done.



frosting:

- 1 cup evaporated milk
- 1 8 ounce tub non-dairy whipped topping
- 1/2-1 cup coconut
- 1 pack pistachio pudding mix

Mix pudding mix with evaporated milk. Once set, blend with whipped topping. Spread on cooled cake and sprinkle with coconut. Keep in refrigerator till ready for serving.



## chapter five

*Feast of Trumpets*  
*Rosh Hashanah*  
*Day of Atonement*  
*Yom Kippur*

“And the Lord said to Moses, Say to the Israelites, On the first day of the seventh month [almost October], you shall observe a day of solemn [sabbatical] rest, a memorial day announced by blowing of trumpets, a holy [called] assembly. You shall do no servile work on it, but you shall present an offering made by fire to the Lord.”

Leviticus 23:23-25

This festival celebration marks the beginning of the Hebrew Civil New Year (1 Tishri). Rosh Hashanah, the ten days of repentance that follow it, and Yom Kippur make up the High Holy Days.

There are many ways we like to celebrate this special time. We like to blow the shofar to begin this holiday. This is the Lord's new year, so making and sending greeting cards is a wonderful way to give blessings out to friends and family. We have fun eating apples and honeycake to remember the goodness of God. The Jewish tradition is to spend time in repentance. We like to spend time searching our hearts for any ways we have dishonored or disobeyed our Lord. We ask Him to show us any sin we may have overlooked during the year. We are so very thankful that we can know if we confess our sins, He is faithful to forgive us our sins and cleanse us of all unrighteousness (Micah 7:18-19; 1 John 1:9).

Another way we celebrate is to bring a bag of bread crumbs representing our sins, to a moving body of water and throw the crumbs into the water. This reminds us our sins are washed away as they float off.

# *New Year Recipes*

## orange chicken

- 7 chicken breasts
- 1 cup orange juice
- 1/2 cup chicken broth
- 1 teaspoon salt
- 1 teaspoon ginger



Preheat oven to 350 degrees. Mix together juice, broth, salt, and ginger. Pour over chicken breasts. Bake till cooked approximately 1 hour.

# pomegranate chicken breasts

- 1/4 cup olive oil
- 1 clove of garlic chopped
- 4 boneless chicken breasts
- 1 pomegranate cut in half
- 1/4 cup dry white wine
- juice of 1 lemon
- 1 tablespoon cinnamon sugar

Preheat oven to 375 degrees. Saute garlic in oil. Place chicken in baking dish, and pour garlic oil over each piece. Bake in oven for 50 - 70 minutes or until done. In a small pot add juice from the pomegranate, wine, lemon juice, and cinnamon sugar. Bring this to a boil.

Pour over chicken. Sprinkle pomegranate seeds over chicken. Salt and pepper to taste.



Honey is a reminder  
of hope for a  
sweet future!

## honey cake

- |                                 |   |
|---------------------------------|---|
| <b>2 1/2 cups flour</b>         | <b>3/4 cup honey</b>                          |
| <b>1 teaspoon baking powder</b> | <b>1 cup sugar</b>                            |
| <b>1 teaspoon baking soda</b>   | <b>1/2 cup oil</b>                            |
| <b>1 teaspoon cinnamon</b>      | <b>1 cup hazelnut<br/>coffee<br/>(cooled)</b> |
| <b>2 eggs</b>                   |   |

Preheat oven to 325 degrees. Grease the pan. Cut the wax paper to fit the bottom of the pan and put it in. Mix flour, baking powder, baking soda, and cinnamon, 35-40 strokes. Set aside. Beat eggs till foamy. Add honey, sugar, coffee, and oil to the eggs while continuing to mix. Add flour mixture. Mix until smooth. Bake in 13 X 9 pan for 35 – 45 minutes, or till a toothpick comes out dry when poked into the center.

You can also frost it with the cream cheese frosting. Recipe found on page 85.

# pomegranate delight

- 1 pomegranate (seeds removed)
- 2 angel food cakes
- 2 eight ounce packages cream cheese (softened)
- 5 cups cool whip
- 3/4 cup honey (or sugar)
- 1/2 cup chopped pecans

**Break up angel food cakes into pieces the size of quarters. Mix cream cheese and cool whip together with honey. Add angel food cake pieces. Mix together well. Spread in the bottom of the pan. Open pomegranate, remove seeds. Sprinkle seeds and pecans over top of cheesecake mixture.**

## apple honey cupcakes



- 1/4 cup canola oil
- 3/4 cup honey
- 2 eggs, well beaten
- 2 cups unbleached flour
- 1 teaspoon salt
- 2 cups raw apples, coarsely grated
- 1 teaspoon cinnamon (or pumpkin pie spice)
- 2/3 cup chopped walnuts

Preheat oven to 350 degrees. Mix the oil with the honey. Mix in eggs. Sift together flour, baking powder, baking soda, and salt. Mix the grated apples with spices and nuts. Add 1/2 flour mixture to egg mixture, then a little grated apple, and so on and so on. Place dough in paper cups in muffin pans 2/3 full. Bake 20 minutes, until done. Let cool, and serve with honey and butter.

## honey carrots

- 5 medium carrots, sliced
- 2 tablespoons butter
- 1 1/2 tablespoons water
- 3 tablespoon honey
- 1/4 teaspoon salt
- dash of nutmeg

Scrub carrots and cut into  $\frac{1}{2}$  inch thick chunks. Melt butter in pan. Add carrots, water, honey, salt, and nutmeg. Cover and cook over low heat for 15 minutes, or until the carrots are soft. Serves 4-5

## lowfat honey cheesecake

- 1 graham cracker pie crust
- 1 8 ounce package fat-free cream cheese
- 1 8 ounce tub whipped topping
- 1/2 cup honey
- 2 teaspoons almond extract

Mix cream cheese, cool whip thawed, extract, and honey. Freeze till firm. Serve with your choice of toppings. (blueberries, or carob chips are our favorite)

# carob or chocolate mandelbrot

- 2 cups flour
- 1 1/2 teaspoons baking powder
- 1/8 teaspoon salt
- 1/3 cup carob powder (or cocoa)
- 2 eggs
- 2/3 cup sugar
- 1 cup oil
- 1 teaspoon almond extract
- 1/2 cup almonds, chopped

Grease cookie sheet. Put flour, baking powder, and salt in the medium-sized bowl. Mix well. Add eggs, oil, almond extract, carob powder and nuts. This batter is very thick. Shape into two loaves. Bake for 30 minutes, or until light brown. While the loaves are still warm, cut them into 1/2 inch slices.





## chapter six

*Feast of Booths  
Tabernacles  
Sukkot*

“Say to the Israelites, The fifteenth day of this seventh month, and for seven days, is the Feast of Tabernacles or Booths to the Lord. On the first day shall be a holy convocation; you shall do no servile work on that day. For seven days you shall offer an offering made by fire to the Lord; on the eighth day shall be a holy convocation and you shall present an offering made by fire to the Lord. It is a solemn assembly; you shall do no laborious work on that day.”

**What is the Feast of Tabernacles to Christians who are not bound any longer by the law? This feast keeps us in God's cycles of blessings. We need to remember that Jesus connected Himself to this time of feasting.**

**We are in complete agreement with the fact that Christian believers have been set free from the observance of the law. The only problem is that observing the Biblical feasts is not part of the law of Moses.**

**God described in the book of Leviticus that there were particular times of feasting each year to observe. He said, "These are My Feasts." We don't know about you, but if God is throwing a party, we want to be there.**

**There are feasting times that God wanted to establish as an expression of who He is and His desire to share His glory.**

**Just as Jesus Christ is the ultimate expression of who God is to the world, His times of feasting are actually an expression of who Jesus was to be to the world.**

**Just because Jesus became the fulfillment of the Jewish feasts doesn't mean they no**

longer have a place. Go back in the Old Testament and see what God said about His feasts. He said they were to be observed for all generations.

Specifically, what is the Feast of Tabernacles? It is a 7-day harvest feast which occurs on the 15th day of the seventh month of the Jewish calendar called Tishrei. It's name in Hebrew is Succot.

The main theme of this feast is building booths or temporary dwellings, which is symbolic of God dwelling with us. Christians obviously know that their bodies have become the dwelling place of the Spirit of God.

Allow us to ask you this question. How much of your life would you say you live in the full knowledge that God's Holy Spirit dwells in you? We need all the help and all the reminders we can get.

We need these reminders to help break us out of the cycles of spiritual destruction or apathy that constantly swirl around us. God was aware of this and set up His annual feasts to keep us close to Him.

**What does the Gospel of John tell us about Jesus is related to this feast? During this feast, the high priest would walk through the city with a pitcher of water to pour it out in the temple. The whole city would follow him and pray with anticipation for rain for future harvests.**

**During the last day of this feast, Jesus stood up in the midst of the crowd and declared Himself to be the source of living water. He attended His Father's feast and invited the people to come to Him.**

**Many Biblical scholars are convinced this was actually the time when Yeshua, the Prince of Peace was born into this world. He probably was born in a sukkot!**

**We invite you to enjoy this awesome time of celebration.**

**These are some things we like to do during this wonderful celebration:**

1. We make a Sukkot (a house of branches and flowers) to celebrate and thank God (Yahweh) for all His blessings.
2. We celebrate in the Sukkot—we have our quiet times inside (times set apart for us to meet with



the Lord alone, in Bible reading, or in worship). In this way, we feast on the Lord's goodness.

Note: If you can't make an "official" Sukkot, don't miss out on celebrating this wonderful holiday. We've used a very small tent which we crawled into to have our quiet times. We have even used sheets draped around furniture inside the house.

Though not something He does with everyone, I love how the Lord sometimes shepherds us in our own very temporary shelters. My husband and I lived and grew up in Metairie, a suburb of New Orleans where we were both born. After we had been married a few years, the Lord drew us to a 17 acre home in Franklinton, Louisiana while helping with "The March for Jesus", and Agape Ministries in that general area.

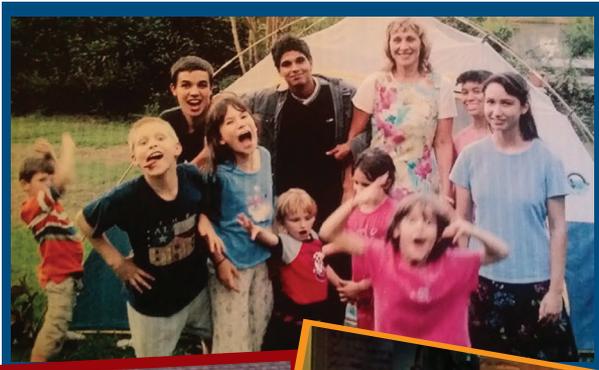
We loved our secluded wooded hideaway with a pond. In this "temporary shelter," we enjoyed zillions of blessings. It fit the vision Yah had put in our heart, and we were waiting for it to unfold.

One of our sons asked God to put a whale in his pond and a horsey in his barn.

The next day, a man called and wanted to rent our barn area for two of his horses.

Later, the mare gave birth to a baby, and our son was able to fully enjoy the fruits of his prayer, though we are still waiting to hear about the whale in that pond.

Though I will share some of this testimony later, isn't it good to know when we follow, Yahweh Raah, He will guide us to temporary or permanent shelters that will be perfect just because we are where He is!



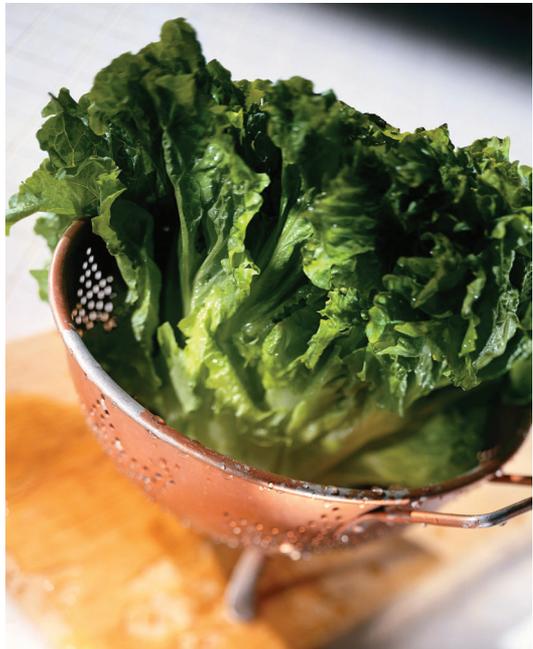
family stills  
of our Sukkot  
celebrations

# *Sukkot Recipes*

## caesar chicken salad

- 1 head romaine lettuce
- 2 cucumbers, sliced
- 12 chicken strips—grilled, baked, or sautéed
- 24 red grapes
- 1 cup Caesar dressing
- 1 cup croutons

Toss lettuce, cucumbers, and grapes. Top with chicken, croutons and dressing.



## matzo ball soup

 matzo balls:

- 3 large eggs, beaten
- 3/4 cup matzo meal
- 1/4 cup butter, melted
- 2 tablespoons water
- 1 tablespoon lemon juice
- 1 teaspoon dill
- 1 teaspoon garlic powder
- salt and pepper

 soup

- 8 boneless chicken breasts
- 12 cups of water
- 2 tablespoons oil
- 2 large onions
- 4 carrots, diced
- 1 clove garlic, diced
- 1 teaspoon coriander seeds
- 1/2 teaspoon dill

**Matzo Balls:**

Mix eggs, matzo meal, butter, water, lemon juice and seasonings in bowl. Cover and put in refrigerator for 2-3 hours.

**Soup:**

Place oil in pan, add chicken, cook on both sides in oil. Add onions, carrots, garlic, parsley, and other seasonings. Let simmer for 10 minutes. Add 1 cup of water, salt, and pepper, and simmer till chicken is done. Remove chicken, and cut into small pieces. Return to pot, and add the rest of the water. Let this simmer for 40 minutes or until a nice rich soup.

When soup is almost done, bring a large pot of salted water to a boil. Take 2 tablespoons of the matzo ball mixture at a time, and shape into balls. Add balls to boiling water, and reduce heat to simmer. Cover pot and cook 20 -25 minutes. Place matzo balls in bowls and pour soup over them to serve.

## ranch taco salad

Each family member can assemble their own salad. It's a fun, healthy meal.



- 1 lb. cooked boneless, skinless chicken breast strips  
or
- 1 lb. ground turkey, cooked
- 1 packet taco seasoning  
(add to meat while cooking)
- 1 cup salsa
- 1 tomato, chopped (if desired)
- 1 head lettuce, shredded
- 1 cup fiesta cheese, shredded
- 1 cup ranch dressing
- 1 can black olives, sliced
- 1 bag of tortilla chips (or strips) of your choice.

## cheesy tomato quiche

- 4 tomatoes, diced
- 1 cup cheddar cheese, shredded
- 1 cup Colby Jack chesse, shredded
- 3 eggs, beaten
- 1 cup milk
- 1/2 teaspoon salt
- 2 pie shells (regular, not deep dish)

Place shells in 13 x 9 prepared pan or individually prepared pie pans. Arrange cheeses in bottom of pan. Mix other ingredients together, including tomatoes. Pour into pie shells. Bake at 375 degrees for 30 minutes.

## sukkot tzimmes

2 1/2 -3 lb. roast of your choice  
 1 medium onion, sliced  
 5-10 lbs. carrots, sliced  
 6-10 lbs. potatoes, quartered  
 10-20 pitted prunes  
 3/4 cup brown sugar  
 2 tablespoons flour  
 salt (to taste)  
 water

Place two tablespoons of oil in pan. Rinse roast, sprinkle with flour and salt. Place in heated oil. Cut onions into pot over roast. Brown roast on both sides. Add water and let simmer till roast is tender. (This could take at least a few hours.) Add carrots, potatoes, brown sugar and prunes. Let simmer for another hour or until potatoes are tender.

## sukkot pizza

refrigerated pie shells  
Italian tomato paste  
mushrooms, sliced  
black olives, sliced  
mozzarella cheese, shredded  
parmesan cheese, grated

Spray 13 by 9 pan. Place pie shells in pan. Smear tomato paste over shell. Sprinkle cheese over paste. Add sliced olives and mushrooms. Bake 350 degrees till cheese is melted and crust is cooked.

# spinach bread

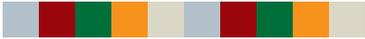
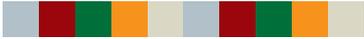
- 1 10 ounce package frozen spinach
- 1 onion
- 1 stick butter
- 1 8 ounce package cream cheese, softened
- garlic powder (to taste)
- parmesan cheese, grated
- mozzarella cheese, shredded
- 1 loaf of French bread or challah bread

Cook spinach and squeeze excess water. Saute onion and butter, add cheeses and spinach and garlic. Mix until well blended. Cut the loaf



lengthwise and butter it. Spread mixture on the bread and put into oven until cheese melts, about 15 to 20 minutes.

# ginger-almond shortbread

- 
- 1** cup butter, softened
  - 2/3** cup confectioner's sugar
  - 1** teaspoon almond extract
  - 1 1/2** cups unbleached flour
  - 2** teaspoons ginger
  - 1/4** cup finely ground almonds
  - 24** almonds, whole
- 

Preheat oven to 350 degrees. In a large bowl, cream butter with sugar and almond extract until smooth. Add flour, ginger, and ground almonds and beat mixture until well combined. On a floured surface, roll dough out to 1/2 inch thickness. Cut into two-inch rounds and place one inch apart on ungreased cookie sheet. Press a whole almond into the center of each cookie and bake about 20 minutes or until very lightly colored. Remove to rack and cool. Yields: 2 dozen

## soomsoom bars

- 2/3 cup sesame seeds
- 3 tablespoons honey
- 3/4 cup flour
- 3/4 teaspoon baking powder
- 1/3 cup oil
- 1/4 cup sugar
- 1 egg

## topping

- 2 tablespoons butter
- 2 tablespoons honey

Preheat oven to 375 degrees. Toast the sesame seeds in an ungreased frying pan over medium heat. (Seeds should turn brown in about 5 minutes.) Mix flour and baking powder well. Then add oil, sugar, honey, egg and seeds. Spread the batter evenly in the pan. Bake 15 minutes. Remove from oven. Turn on the broiler to heat. Melt butter, add 2 tablespoons honey in saucepan. Bring to a boil. Spoon onto soomsoom. Place pan under the broiler for one minute or less. Let cool. Cut into bars.

## no bake chocolate peanut butter bars

- 1 cup peanut butter
- 1/2 cup honey
- 1/2 cup coconut oil
- 2 cups dry old fashioned oats
- 1/2 cup chopped almonds
- 1 1/4 cups dark chocolate chips
- 1 teaspoon vanilla extract

Heat peanut butter, honey, coconut oil, and chocolate till melted and blended. Add other ingredients. Pour into a pan prepared with coconut oil. Place in refrigerator till hard. Store in refrigerator.

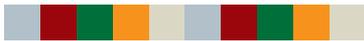


## apple crisp

- 4 cups apples, sliced
- 3/4 cup brown sugar
- 1/2 cup unbleached flour
- 1/2 cup oats
- 3/4 teaspoon cinnamon
- 3/4 teaspoon nutmeg
- 1/3 cup butter, softened

Heat oven to 375 degrees. Arrange apples in greased square pan. Mix remaining ingredients; sprinkle over apples. Bake until topping is golden brown and apples tender, about 30 minutes. Serve warm with a scoop of ice cream or cream.

## mom's quick coffee cake



- 1 egg, beaten
- pinch of salt
- 1/2 cup sugar
- 1/2 cup milk
- 1 1/2 cups flour
- 2 teaspoons baking powder
- pinch of nutmeg



Mix these ingredients, and put in an 8x10 pan.



### topping

- 1 1/2 sticks butter, melted
- 7 tablespoons sugar
- 2 tablespoons cinnamon

Combine and pour this mixture over batter.  
Bake 20 minutes at 375 degrees.

# raisin apple cakes

- 3 cups flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/3 cups sugar
- 1 cup butter
- 2 eggs
- 1 teaspoon vanilla
- 1/2 cup raisins
- 1/2 cup apple sauce
- 1 1/2 teaspoons cinnamon

Cream butter and sugar. Add eggs. Add remaining ingredients. Knead dough on generously floured board. Place in refrigerator for 1/2 to 1 hour. Roll out on floured surface. Cut into rounded or other shapes with cookie cutter. I prefer a flower shaped cutter. Bake at 325 degrees for 10 minutes or until golden.

“Sustain me with raisins, refresh me with apples, for I am sick with love.”

Song of Solomon 2:5

## zucchini bread

- 3 cups shredded zucchini
- 2/3 cup butter
- 2 1/2 cups brown sugar
- 2/3 cup water
- 3 1/4 cups unbleached flour
- 2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 1/2 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 2/3 cup chopped nuts
- 2/3 cup raisins

Heat oven to 350 degrees. Grease bottoms only of 2 loaf pans 9 x 5 x 3 or 1 casserole dish 13 x 9 (either size works well). Mix together all ingredients in order given. Bake 60 minutes or till done.

# fruit salad with pistachio topping

fresh or frozen fruit of choice

*NOTE: We like to use a large bag of mixed, frozen fruit and add our own fresh bananas, apples, pomegranate, and kiwi.*

- 2 packages of pistachio pudding (prepared)
- 1 large tub of whipped topping

## topping

coconut

chopped nuts

Mix pudding according to package directions. Let chill. Stir whipped topping into pudding. Serve over fruit.

## pumpkin pie

- 1 15 ounce can pumpkin
- 1 can condensed milk
- 1 egg
- 1 1/4 teaspoon cinnamon
- 1/2 teaspoon pumpkin pie seasoning
- 1/2 teaspoon salt
- 1 ready-to-use graham cracker crust
- 1/4 cup brown sugar
- 2 tablespoons flour
- 2 tablespoons butter
- 3/4 cup chopped walnuts
- 1/2 teaspoon cinnamon

Preheat oven to 425 degrees. Combine pumpkin, condensed milk, egg, and spices. Mix well. Pour into crust. Bake 15 minutes. Reduce heat to 350 degrees. Combine sugar, flour and 1/2 teaspoon cinnamon, cut in butter until crumbly. Stir in walnuts. Sprinkle streusel mixture over pie. Bake 40 minutes or until set. Serve warm with whipped cream.

Did you know many believe the first Thanksgiving in America was actually a Sukkot celebration? Historians have found great similarities between the early Pilgrim's Thanksgiving celebration, and the Biblical Feast of Sukkot (Feast of Tabernacles).

How are they similar?

Some scholars believe the Pilgrims may have lived among Jews when in Holland. The Pilgrims studied Hebrew scripture and were inspired by it. They probably thought of themselves as a "New Israel" due to their similar Biblical plight.

We know the Pilgrims were looking for freedom to worship, not unlike the Israelites' journeys for the same. Like Israel, the Pilgrims were looking for their own "Promised Land".

After their long hard journey, the ancient Israelites lived for a week in temporary dwellings, giving thanks to the Lord for a great deliverance and harvest. We remember learning of the hazardous trip made by the Pilgrims and the harsh conditions

**they suffered during their first winter in Massachusetts. The Pilgrims also, lived in homemade huts called wigwams which the Indians helped them make, and celebrated the harvest giving thanks to God.**

**Many of the traditional foods for both holidays are similar, fresh harvested vegetables like pumpkins and squash, nuts and fruits.**

**Studies show that even the timing for the first Thanksgiving was between September 21st, and November 11th which was right around the same time as Tabernacles.**

**Both of these celebrations are times to give thanks to God for the spoils of harvest!**

**“O Give thanks to the Lord, for He is good; for His mercy and loving-kindness endure forever!”**

Psalm 107:1

## chapter seven

*Feast of Purim  
&  
Feast of  
Dedication /  
Hanukkah*

*Though not appointed feasts of the Lord,  
these are precious times to stop and  
remember God's endless provision.*

# *The Feast of Purim*

**The Feast of Purim reminds us that no enemy can wipe-out God's Chosen People! Always remember not only Israel, but we are also, His Chosen!**

“And now that you belong to Christ, you are the true children of Abraham. You are his heirs, and God’s promise to Abraham belongs to you.”

Galatians 3:29

“The king’s edict granted the Jews in every city the right to assemble and protect themselves; to destroy, kill and annihilate any armed force of any nationality or province that might attack them and their women and children; and to plunder the property of their enemies... For the Jews it was a time of happiness and joy, gladness and honor. In every province and in every city, wherever the

edict of the king went, there was joy and gladness among the Jews, with feasting and celebrating....”

Esther 8:11-13, 16-17

**Here are some ways that we like to celebrate the Feast of Purim:**

1. Reading the book of Esther,
2. Feasting on our favorite foods, especially eating Hamantashen cookies,
3. Remembering ways God has delivered Israel and ways He has delivered our family from hardships in the past,
4. Acting out or watching plays regarding the book of Esther, and
5. Sometimes, sending gifts to friends.

# Purim Recipes

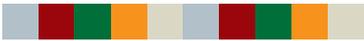
## hamantashen cookie



- 1 cup butter, softened
- 1 cup sugar
- 4 eggs whisked
- 1 orange  
(grated rind and juice)
- 1/4 cup of water
- 1 teaspoon vanilla
- 4 cups flower
- 4 teaspoons baking soda
- 1 teaspoon salt
- 1 jar of your favorite  
fruit preserves

Mix all ingredients (except for preserves). Refrigerate overnight. Roll out on floured surface. Cut into rounds, fill with preserves. Pinch three corners. Bake at 375 degrees for 25 minutes.

## beef brisket

- 
- 1 beef brisket**
  - 1/3 cup flour**
  - 2 onions chopped**
  - 1/3 cup garlic**
  - 1 tablespoon olive oil**
  - salt and pepper to taste**

Clean, and trim brisket. Mix flour, garlic, and salt together in bowl. Rub into brisket. Place olive oil in pan, then brisket, and brown on both sides. Add onions. Add water to cover brisket. Let simmer for 3 hours, turn over and simmer for another 3 hours, or until completely tender. Add water when necessary. Serves 12.

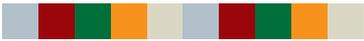
## poppy seed bread

8	tablespoons butter	1	teaspoon
3/4	cup sugar		baking powder
3	eggs, separated	1/8	teaspoon salt
1	teaspoon vanilla	1/2	cup yogurt
1	cup flour	1/2	cup poppy seeds

Heat oven to 350 degrees. Butter or spray 9 X 5 loaf pan. Beat butter and sugar, beat in egg yolks and vanilla.

Combine flour, baking powder and salt. Add this mixture to butter mixture. Beat the egg whites till stiff, and fold into batter add yogurt and poppy seeds. Bake about 45 minutes or until top springs back when lightly touched. It has been told that Queen Esther's favorite food was poppy seed pastries.

## jewish noodle kugel

- 
- 1 16 ounce package of egg noodles**
  - 1/2 cup butter, melted**
  - 4 eggs, beaten**
  - 1 cup sugar**
  - 1 1/2 cups applesauce**
  - 1 teaspoon vanilla extract**
  - ground cinnamon**

**Preheat an oven to 350 degrees. Cook egg noodles per package directions. Place noodles in large bowl, add butter, eggs, sugar, applesauce, vanilla extract. Pour into 9x13 buttered or sprayed pan. Sprinkle with cinnamon. Cover and bake 30 minutes. Uncover and bake another 20 minutes. Serves 12**

# *Feast of Hanukkah & Festival of Dedication*

“It was now winter and Jesus was in Jerusalem at the time of Hanukkah, the Festival of Dedication.”

John 10:22

**Hanukkah, an 8 day celebration, begins on day 25 of the Hebrew month of Kislev (November or December).**

**The Hanukkah Story is a testimony of God’s miracle working power! In 168 B.C., the Jewish Temple was seized by Syrian-Greek soldiers. It was then dedicated to the worship of the false god Zeus. The Jewish people were afraid to fight back initially.**

**In 167 B.C., Antiochus, the Syrian-Greek ruler forced all Jews to worship the false Greek gods. He would not allow them to worship their one true God. Greek soldiers forced**

forbidden practices on the Jews making them bow down to idols, and eat the flesh of pigs.

Mattathias, a High Priest, refused. He led his five sons and many others to take up arms and defeat the remaining soldiers. Eventually these Jewish rebels known as Maccabees retook the land and the Temple.

The Temple had been defiled when used for the worship of false gods. The Jews wanted to purify the Temple. They realized they did not have enough oil for the eight day purification process. They decided to light the menorah anyway, and God blessed their faith.

Miraculously, the oil burned for eight days! Historic studies show that Jesus' was probably conceived during this time making it extremely significant -the Light of the World came at Hanukkah!

There are so many more details about this and the other feasts that point to Christ. Glory of Zion, our home church, webstore: [www.gloryofzion.org](http://www.gloryofzion.org) has some wonderful teachings that have enabled the Lord to open our eyes in greater ways to see His wonders!

We celebrate this miracle of the oil by lighting a special menorah known as a hanukkiyah for eight days. You can make your own, using a Menorah and adding two extra candles, or lining up eight candles. The shamash (the servant candle, the one you use to light all the others) is lit and used to light the 1st candle on the first night of Hanukkah. Two candles are lit on the second night, and so on, until all eight candles are lit.

We like to read scriptures, and release a blessing each night as we light the hanukkiyah and present gifts to our children. We never miss playing dreidel (“a great miracle happened there”), learning Hanukkah songs, putting lots of blue and white lights outside with our Festival of Lights flag, and eating latkes and other fried Jewish recipes to remember the miracle of the oil in the Temple. Our children love this holiday for many reasons, but they do truly enjoy eating fried foods since it is only once a year!

# *Hanukkah Recipes*

## potato latkes

- 2 cups peeled shredded potatoes
- 1 grated onion
- 3 eggs, beaten
- 2 tablespoons all-purpose flour
- 1 1/2 teaspoons salt
- oil for frying

Place potatoes on paper towels to absorb water. Mix potatoes, onion, eggs, flour and salt together. Heat the oil until hot. Place large spoonfuls of the potato mixture into the hot oil. Brown potato patties on one side, turn and brown on the other. Drain on paper towels. Add salt and pepper to taste. We like to eat ours with lots of catsup!

## cheese sufganiyot

- 3 ounces cream cheese softened**
- 1 cup cheddar cheese, grated**
- 1 teaspoon parsley**
- 1 package refrigerated biscuits**
- 24 ounces of oil for frying**
- 2 teaspoons salt**

Mix cheeses, salt and parsley. Separate and flatten biscuits. Place 1 tablespoon of cheese mixture on biscuit. Place another biscuit on top so edges are secure. Fry in heated oil till brown turning when necessary. Drain on paper towels.

## easy ponchik

- 1 package refrigerated biscuits**
- 1 teaspoon of jam of your choice for each biscuit**

Flatten biscuit. Place teaspoon of jam in center. Seal up edges completely. Fry till both sides are golden.

## expect a miracle cake

- 1 cup butter
- 2 cups sugar
- 2 teaspoons vanilla extract
- 4 eggs, beaten
- 1 1/2 cups milk
- 3/4 cup cocoa or carob powder
- 2 cups unbleached flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 3 tablespoons ground flax (optional)

Preheat oven to 350 degrees. Prepare 3-8 inch cake pans. Melt butter. Stir in sugar, cocoa, vanilla, milk, eggs, flour, baking powder, soda, then salt and flax (optional). Pour batter into sprayed or buttered pans. Bake 25 to 30 minutes. Prepare coconut-cream frosting. Cool cake completely.

## coconut cream icing

- 1 cup unsweetened flaked coconut
- 16 ounces cream cheese
- 1 cup coconut oil
- 2 - 4 cups confectioners' sugar
- 1/2 teaspoon coconut extract  
(you can use milk or cream to thin icing if desired)
- 1 tube blue decorating icing
- 1 bag almond joy pieces
- 1/2 cup chocolate sprinkles

**Beat cream cheese with coconut oil and sugar. Add coconut and extract. (Add milk or cream here to desired consistency, if desired) Blend well.**

## expect a miracle cake assembly



After layers have cooled. Cut a 4” round center out of 1 layer. Place 1 uncut cake layer on cake plate. Spread 1/3 cup frosting on top. Top with layer having center removed; spread 1/3 cup frosting on top. Fill that cake with candies and candy sprinkles. Gently press candies to level, top with full cake layer. Frost side and top of cake using remaining frosting.

Decorate by writing “A great miracle happened here”, or creating Hebrew lettering for Nun, Gimel, Hei, and Shin.

Store loosely covered in refrigerator.



### Dreidel Game Instructions:

Give each person 25 candies or pennies, each player puts one in the pot, Player one spins the dreidel and does what the dreidel says. (Gimel–take all, Hei–take half, Shin–add to pot, Nun–take nothing. Each player takes a turn. The winner is the person who ends up with all the candies or pennies.

Enjoy this holiday, and  
remember to always,  
**EXPECT A MIRACLE!**

We have seen wonders among us! Let me share one such miracle. Four of our daughters really wanted to get adopted before Christmas. They had been in foster care for way too long, and so very much wanted to be Ecuyers'. Everyone told us it was a complete impossibility. The courthouse was closing, the judges were going out of town, and every other reason under Heaven. When we went to our local park to play, we noticed a beautiful rainbow over the courthouse where the adoption would be taking place. I knew it was Him giving us a sign. Praise the Lord, the adoptions were completed early, and our children saw God do the impossible!

*“ALL THINGS  
ARE POSSIBLE  
WITH GOD!”*

# conclusion

We don't think it was a coincidence that Jesus performed His first miracle at the wedding at Cana (John 2:1-11), nor that he portrays the church as being His Bride. "Let us be glad and rejoice, and give honor to him; for the marriage of the Lamb is come, and his wife hath made herself ready." Revelations 19:7  
Let us prepare for the wedding supper!

Through all of our feasting times we have learned more and more about our Heavenly Father's faithfulness. We like remembering



Charleen and her family at a family wedding

**His goodness whenever possible. These special times remind us of His awesome love in greater ways. We encourage you to learn more about these special times of honoring the Creator of the universe. Let Holy Spirit show you how to:**

“Lean on, trust in, and be confident in the Lord with all your heart and mind and do not rely on your own insight or understanding. In all your ways know, recognize, and acknowledge Him, and He will direct and make straight and plain your paths. Be not wise in your own eyes; reverently fear and worship the Lord and turn [entirely] away from evil. It shall be health to your nerves and sinews, and marrow and moistening to your bones. Honor the Lord with your capital and sufficiency [from righteous labors] and with the firstfruits of all your income; So shall your storage places be filled with plenty, and your vats shall be

overflowing with new wine.”

Proverbs 3:5-10

**I love this scripture so very much, and I had to include it here. The Lord has used this scripture exceedingly abundantly above in our lives.**

As we have followed this philosophy, we have been overwhelmed by His provision. I want to share a few stories here regarding this principle. By God’s grace and direction, we lived in a beautiful wooded property in Franklinton, Louisiana. The Lord began speaking to us about taking over a ministry home, and property in the area. Giants were contending for the same. The Lord spoke deeply into our hearts to lay hold of this for His work. God worked out all the details, and this greatly sought after property and ministry became ours! Only, God did not want us to sell our wooded home, but wait and He would bring the buyer. This meant payment, and upkeep of 2 properties now, both over 16 acres to manage.

We couldn’t lean on our own understanding. Faithfully, many months later, He connected us with the family He had “saved” this home for.

It fit every criteria He had put in their heart for their desired home. What an amazing Father! 7 years later, when He asked us to give up that ministry home in Covington, Louisiana to an unwed mothers mission, we couldn't lean on our own understanding. It was over whelming to see the Lord's heart for this Danielle Inn for moms, and the provision came flooding in. It is still a thriving ministry today, [www.danielleinn.net](http://www.danielleinn.net). He moved us to the Baton Rouge, Louisiana area. We lined up a condo which was ready and waiting for us. While packing our moving van, along with 10 of our children, we got a call from the condo owner who decided at the last moment, we had too many children to move into their place. Our only option was to trust the Lord would make a way where there seemed to be no way. We kept hearing Chuck Pierce shouting in our ears, "When the Lord says, move, just move!" After 8 days of pressing into His promise, a Christian builder opened his brand new home for us to rent. Funny, during the waiting time, the enemy had

taunted us. After leaving a beautiful 17 acre property with a pond and pool, and every one having their own room; the only affordable home was an old, dirty, barred window home that someone had literally died in. The enemy wanted us to doubt God, doubt His path, His promise; but nothing is impossible with God. The other part of this testimony is particularly sweet. We found out that from the moment we gave up our home in Covington, Louisiana, He had begun building another home for us in Baton Rouge. A few years later after enjoying the Christian builders rental, the Lord moved us right into the city into a gorgeous 3 story home which He literally had begun building simultaneously with our giving up our home for His purposes. The owner told us how the Lord spoke to her about making her home bigger when it was only she, her husband, and her 3 children. We stood amazed as she shared her story of adding a 3rd floor, a bonus room, and her hearing something about orphanages which she couldn't understand.

**We have certainly learned to never lean on our minuscule understanding compared to His vast wealth of wisdom.**

**We encourage you to do some research and find out why the church stopped celebrating these wonderful times. We would highly recommend your reading “Messianic Church Arising” by Robert Heidler, and “A Time to Advance” by Chuck Pierce, two men worthy of double honor who have enlightened, and strengthened the Body in innumerable ways. May you come into the fullness of Yeshua as you enjoy the feasts commanded by His Father to celebrate!**

bonus material

*Double  
Portion*

YOUR DOUBLE PORTION  
BONUS  
ISAIAH 61:7

**He Satisfies Our Mouths With Good Things**

“Bless (affectionately, gratefully praise) the Lord, O my soul; and all that is [deepest] within me, bless His holy name! Bless (affectionately, gratefully praise) the Lord, O my soul, and forget not [one of] all His benefits— Who forgives [every one of] all your iniquities,

Who heals [each one of] all your diseases,  
Who redeems your life from the pit and  
corruption, Who beautifies, dignifies, and crowns  
you with loving-kindness and tender mercy;  
Who satisfies your mouth [your necessity  
and desire at your personal age and situation]  
with good so that your youth, renewed, is like  
the eagle's [strong, overcoming, soaring]!"

Psalm 103:1-5

**I love this scripture, and there are many ways to see it benefit your life. Though this scripture had blessed me innumerable in the past, it began taking on a new meaning. The Lord began speaking this scripture to me regarding the food I was placing in my mouth.**

**Now, I have been a mom forever it seems, and began very early, "Feeding My Kids Right"! It has been on my heart always to give them the best for their growth and development. The Lord has been tweaking my food list year after year.**

In this section, I would like to help you to see how to make some simple changes to your diet that will work with God to renew your youth, to satisfy your mouth with His good things.

## prayer

Heavenly Father, May our thoughts be captured to the truth that Your Precious Son already paid in full for our complete shalom, healing, deliverance, health, wealth, anything we could ever need. May we never forget Your benefits! Bless us with strength, faith, and divine wisdom in fighting the attacks of the enemy. Help us to be excellent stewards of our bodies. Your Word tells us that You “satisfy our mouths with good things.” May our mouths be satisfied with good things, and may our youth be renewed like the eagles. In Yeshua’s Name, Amen!

To start out, I have an unusual question:

*Do you know  
your pH level?*

Maybe you aren't even sure what pH is. A body that is pH balanced is acid-alkaline balanced. This is a body that's healthy and energetic. It is possible if your body's pH is out of balance, your body may suffer in some way. An ideal pH is about 6.0-7.5.

Over acidity, can become a dangerous condition that may weaken body systems. It can affect your organs, cells, and all of your internal surroundings.

A pH balanced environment will more likely be equipped to resist disease. Alkaline reserves need to be stored up to respond to attacks on the body. Keeping our bodies

aligned with a correct pH balance helps our bodies stay healthy.

What is pH? It is (potential of hydrogen) which is a measure of the acidity or alkalinity of a solution. It is measured on a scale of 0 to 14—the lower the pH the more acidic the solution, the higher the pH the more alkaline (or base) the solution. When a solution is neither acid nor alkaline it has a pH of 7 which is neutral. The body continually strives to balance its pH.

To find out your pH, you can order a testing kit online, they are pretty inexpensive and worth the investment.

The management of “pH’ is so important that the body has even developed extreme procedures to watch your acid-alkaline balances in each and every cell. Every body system contributes to balancing pH. If the pH deviates too far to one side or the other side, human cells can become poisoned.

Therefore it is most to our benefit to keep our bodies pH balanced by eating more alkaline

foods, and limiting the acidic foods which sometimes are our “favorites.”

I have included a few recipes to get you started, and will offer some simple changes to your DAILY diet which I hope you find helpful.

We should be wise during feasting times, yet I believe, there is a time for everything. These feasting times are to be enjoyed, not at all in gluttony, but in merriment! These are appointed times to meet with our Creator God, to celebrate and thank Him for the abundant life He has provided.

I do not believe it is the occasional celebration that hurts our bodies, but the day in day out hell we put them through if we choose to eat unhealthily on a regular basis.

“You were bought with a price [purchased with a preciousness and paid for, made His own]. So then, honor God and bring glory to Him in your body.”

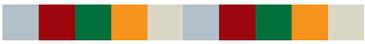
1 Corinthians 6:20

This alkaline/acid list of foods will give you a general idea of the acidity or alkalinity of many foods. Please do your own research, and seek the Lord for wisdom regarding yourself, your family, and friends.




 alkine/acid list

Ultimately, our diet should consist of 2/3 alkaline and 1/3 acidic foods. They can range from strongly alkaline to mildly acidic and so forth. This is a simple list to help you get started.

 foods considered to be  
 alkaline forming
 

 Vegetables

Alfalfa	Beets
Broccoli	Brussels Sprouts
Cabbage	Carrot
Cauliflower	Celery
Chives	Collards
Coriander	Cucumber
Dandelions	Eggplant
Garlic	Ginger
Green Beans	Green Peas
Kale	Lettuce
Lima Beans	Mustard Greens
Okra	Onion
Parsley	Peas

Peppers	Pumpkin
Radish	Red Onion
Spinach	Sprouts
Squash	Sweet Potatoes
Turnip	Zucchini

## Drinks

- Fresh Vegetable Juice
- Green Tea
- Herbal Tea
- Lemonade Sweetened with Stevia
- Lemon/Lime Water
- Non-Sweetened Soy Milk
- Pure Water

## Fruits

Avocado	Berries
Cantaloupe	Coconut
Dates	Figs
Grapefruit	Grapes
Guava	Kiwi
Lemon	Lime
Melons	Papaya
Pineapple	Pomegranate
Raisins	Rhubarb
Tomato	

 **Seeds, Grains, Nuts**

- |                    |                 |
|--------------------|-----------------|
| Almonds            | Buckwheat       |
| Caraway Seeds      | Coconut         |
| Cumin              | Flax Seeds      |
| Hazelnuts          | Pumpkin Seeds   |
| Sesame Seeds       | Sprouted Grains |
| Sunflower<br>Seeds |                 |

foods considered to be  
 acid forming

 **Meats**

- |           |         |
|-----------|---------|
| Bacon     | Beef    |
| Chicken   | Fish    |
| Turkey    | Seafood |
| Shellfish | Venison |

 **Drinks**

- |         |             |
|---------|-------------|
| Alcohol | Beer        |
| Coffee  | Soft Drinks |
| Tea     |             |

 **Dairy Products**

Butter	Eggs
Cheese	Cream
Ice Cream	Yogurt

 **Others**

Artificial Sweeteners	Catsup
Convenience Foods	Macaroni
Mayonnaise	Mustard
Processed Foods	Sugar
White Pastas	White Breads

 **Fats & Oils**

Saturated Fats	Hydrogenated Oils
Margarine	Canola Oil
Corn Oil	

 **Fruits**

Blueberries	Canned Fruits
Cranberries	Plums
Prunes	



## Seeds & Nuts

Cashew Nuts      Peanuts  
Pistachio Nuts      Pecans  
Walnuts

As with everything else, we must avoid becoming religious. Please do not allow the enemy to get you in another type of bondage.

Simple changes to our everyday eating can improve our pH levels greatly. Add alkaline foods to your diet, if you haven't been eating them. Simply add lemons to your water, avocados to your salad, cantaloupe as your morning snack, or pumpkin seeds to your cereal.

I love sneaking finely chopped kale into our tacos, spaghetti sauce, pizza sauce, or any place I can add it without changing the taste.

Switch to herb tea on a daily basis, while enjoying your cafe mocha's once in a while. Eat almond snacks once a day, choose sweet potato fries instead of cheese fries for a change. Use a small amount of whole grain

pasta, while mixing in mostly spiraled zucchini or squash for the positively best pasta ever. Add an organic spring mix salad once or twice a day to your meals. Ground flax can be sprinkled into just about any recipe, and is full of natural benefits.

It is really pretty easy to add good things to our diet, that can have a huge impact. Remember it is an alkaline balance, not an all alkaline diet!

Please realize, I am not a physician and I am only making a recommendation based on how I believe the Lord led me. Please always proceed with caution, and use your own personal “experts” to guide your unique path.

## cauliflower and broccoli soup

- 1/2** pound fresh cauliflower, chopped
- 1/2** pound fresh broccoli florets, chopped
- 1 1/4** cup unsweetened coconut milk
  - 1** cup water
  - 2** tablespoons lime juice
- 1/3** cup olive oil
- salt and pepper to taste

Steam cauliflower and broccoli for around 10 minutes. Add coconut milk and water. Add lime juice, salt pepper, and oil. Heat till warm. Serves 4



## mango salsa

- 1 mango peeled and chopped
- 10 strawberries, chopped
- 1 yellow pepper, diced
- 1 tomato, diced
- 2 avocados,  
peeled and chopped
- 1/4 red onion, diced
- 1 teaspoon garlic powder

Combine all ingredients.  
Cover and chill. Serve with  
tortilla chips of your choice.

## cream of cabbage soup

- 1/2 cups coconut oil
- 2 cups chopped cabbage
- 1 onion, chopped
- 1/2 medium green pepper
- 4 red potatoes, chopped
- 1-4 cups of coconut milk, as is your preference
- 2 tablespoons organic flour
- 1 tablespoon of garlic powder
- 2 teaspoons oregano

Cook vegetables in coconut oil till tender. Add flour and seasonings. Add coconut milk. Let simmer 30 minutes. Serves 4.

# turkey chowder

- 1/2 pound ground turkey
- 2 tablespoons olive oil
- 2 tomatoes, chopped
- 1/2 cup carrots, diced
- 1 onion, chopped
- 1/4 cup quinoa
- 1 1/2 cup water
- 2 teaspoons salt
- 1 teaspoon garlic powder
- 1/2 teaspoon thyme

Brown ground turkey in cooking oil. Add rest of seasonings, quinoa, salt, garlic, thyme, and vegetables. Cook on medium heat till tender. Serves 3.

# spinach with cumin dressing

- 1 teaspoon cumin
- 2 shallots, thinly sliced
- 3 tablespoons olive oil
- 1 pint cherry tomatoes, halved
- 1 teaspoon salt
- 2 tablespoons balsamic vinegar
- 1 teaspoon grated lemon peel
- 1 10 ounce package of fresh spinach

In skillet, cook shallots in hot oil. Add cherry tomatoes and salt. Stir in vinegar, cumin, and lemon. Place spinach in bowl. Pour shallot mixture over spinach and enjoy. 6 servings

picture  
of a black  
cumin  
flower



## sweet slaw

- 2 tablespoons raw honey
- 2 tablespoons lime juice
- 2 tablespoons olive oil
- 2 red peppers, thinly sliced
- 1 cucumber, sliced
- 1/2 pound red and green cabbage, sliced
- 1/2 pound broccoli slaw, or sliced  
broccoli and carrots

Whisk first three ingredients. Add remaining and toss well. Season with salt and pepper.

## baby kale salad with berries

- 6 cups baby kale
- 1/2 cup feta cheese (crumbled)
- 1/2 cup almonds
- 1 cup strawberries/raspberries

Dressing- Mix 2 tablespoons raspberry jam juice with 1/2 teaspoon Dijon mustard, and 1 teaspoon honey

## healthy waldorf salad

### Mix Together:

- 1 cup chopped apples
- 1 cup celery
- 1 cup seedless grapes
- 4 teaspoons chopped almonds
- 1/4 cup coconut oil
- 1 tablespoon orange juice
- pinch of cinnamon, allspice, and ginger

Cover and refrigerate for several hours.

# farmer's market salad

- 1 1/2 pounds small red potatoes
- 1/2 pound green beans, trimmed
- 1 pint each yellow and red cherry tomatoes
- 1 small red onion cut into wedges
- 1 cup chopped basil
- 1 tablespoon oregano
- 3 tablespoons olive oil
- 1 teaspoon lemon juice
- 1/2 teaspoon grated orange peel
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

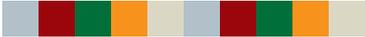
In a large pot, combine potatoes with enough salted water to cover completely. Cook on high heat till almost done. Add green beans and cook till tender. Drain. Cook tomatoes, onion, basil and oregano in hot oil. Season this with orange peel, lemon juice, salt and pepper. Add potatoes and green beans.

## chicken salad

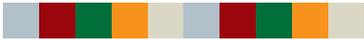
2 1/2 cups chicken  
1 cup sliced celery  
1 cup sliced almonds  
1 cup cucumbers sliced in cubes  
1 cup grapes  
1 onion  
salt  
worcestershire sauce  
1/2 cup coconut oil

Mix together and serve.

# lemon oat muffins

- 
- 1/2 cup almond milk
  - 1/2 cup raw honey
  - 1/2 cup coconut oil
  - 1/2 cup flaxseed eggs  
(Grind 1/4 cup flaxseed, then put in blender. Add 1 cup of water and blend on high to form an egg like mixture.)
  - 1 tablespoon vanilla
  - 1/2 teaspoon grated lemon peel
  - 1 1/2 cups oats
  - 1 1/2 cups organic flour
  - 3/4 teaspoon baking powder
  - 1/2 teaspoon baking soda
  - 1/2 teaspoon salt
  - 1/2 cup sliced almonds

Combine milk, honey, oil, lemon, flaxseed eggs, vanilla, and lemon peel. Mix dry ingredients together, including almonds. Blend these 2 mixtures together. Pour into greased or papered muffin pans. Bake at 350 degrees for 20 minutes.



## pumpkin sunflower scones

- 1 1/2 cups organic flour
- 1 1/2 cups oats
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1/2 cup cold butter
- 1/2 cup pumpkin
- 1/2 cup sunflower seeds
- 1/2 cup almond milk
- 1/2 cup honey

Preheat oven to 375 degrees. Mix flour, oats, baking powder, and salt. Work the butter into the dough till it forms coarse crumbs. Add pumpkin and seeds. Add milk and honey. Shape dough into a ball. Place it on a floured surface and knead gently. On a greased pizza pan, shape dough into an 8-inch circle. Lightly score the circle into 12 wedges. Bake 25–30 minutes.

## hummus

- 2 cups cooked chickpeas
- 1/2 cup olive oil
- 2 tablespoons lemon juice
- 2 tablespoons garlic powder
- 2 tablespoons cumin
- 1 tablespoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon Cajun seasoning  
or cayenne pepper

Blend all chickpeas in blender. Add remaining ingredients until smooth texture.

## easy "guac"

- 4 avocados
  - 1 tablespoon lemon juice
  - 1 tablespoon horseradish  
sauce (optional)
- Blend till smooth.  
and salt to taste.

## grilled veggie totilla

- 4 sliced veggies of your choice (squash, zucchini, peppers, tomatoes, etc.) horizontally cut in 4's
- 4 tablespoons olive oil
- 4 tablespoons hummus
- 4 tablespoons plain yogurt
- 1 cup chopped kale
- 4 tablespoons guacamole
- 4 whole wheat tortillas
- 4 tablespoons picante sauce (optional)
- garlic salt and pepper to taste



Before grilling, brush vegetables with olive oil. Sprinkle with garlic salt, and pepper. Prepare grill with organic cooking spray. Grill vegetables, continue brushing them as necessary. Smear 1 tablespoon of hummus on each tortilla, add one slice of each vegetable to tortilla. Top with tablespoon of yogurt, chopped kale, and guacamole. Add picante sauce, if desired.

## fig pudding

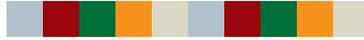
- 1/3 cup coconut oil
- 1/2 cup raw honey
- 1 cup coconut milk (brought to a boil for 1 minute)
- 2 cups organic whole grain bread crumbs
- 3 flax eggs (see page 175)
- 1/4 cup organic flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon allspice
- 1 cup chopped figs

Combine coconut oil and honey. Add crumbs and milk. Blend well, and cool in refrigerator for 1 hour. Mix eggs, flour, baking powder, salt, and spice. Add figs and mixture from refrigerator to flour mixture. Fill a greased pudding mold and steam for up to 3 hours. Whipped cream makes a delicious topping.

**Always keep in mind the true source of our great health!**

“My son, attend to my words; consent and submit to my sayings. Let them not depart from your sight; keep them in the center of your heart. For they are life to those who find them, healing and health to all their flesh.”

Proverbs 4:20-21



“So then, whether you eat or drink,  
or whatever you may do, do all for  
the honor and glory of God.”

1 Corinthians 10:31



# *Shalom!*

**According to Strong's Concordance 7965 Shalom means completeness, wholeness, health, peace, welfare, safety, soundness, tranquility, prosperity, perfectness, fullness, rest, harmony, the absence of agitation or discord. Shalom comes from the root verb shalom meaning to be complete, perfect and full. In modern Hebrew the obviously related word Shelem means to pay for, and interestingly Shulam means to be fully paid.**

“He said, It is finished!”

John 19:30