

Unleavened Bread (Matzah)

Servings: 7 flatbreads Author: Alyona's Cooking

Unleavened bread is a flatbread that consists of no rising agents. Known as Matzah within the Jewish community--it represents a symbolic element with great importance. This 3 ingredient recipe is a great way to incorporate a Biblical approach to the Passover holiday.



Ingredients

2 cups + 2 TBSP flour

1 cup cold water

1/2 tsp salt

Instructions

- 1 Combine the salt and flour together in a large bowl. Stir in the water until the dough comes together. Knead for 5 minutes.
- 2 Pre-heat skillet over medium-low heat.
- 3 Pinch off 7 pieces of dough and form into balls. Roll out each piece on a lightly floured surface (approx 6-7-inch ovals).
- 4 Cook on a hot skillet for 2 minutes on each side. Serve or store covered.

Nutrition per serving

Serving: 1Matzah Calories: 138kcal Carbohydrates: 29g Protein: 4g Fat: 1g Saturated Fat: 1g Sodium: 169mg
Potassium: 41mg Fiber: 1g Sugar: 1g Calcium: 7mg Iron: 2mg

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