

Trees of Olive

Passover - Feast of Unleavened Bread / Matzo - Made with Whole Grain Flour, Water, Olive Oil, and Salt

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During the time of Moses, and of the Israelites living in the Wilderness, the true and Great God - the Great Yehovah Elohim, commanded Moses and the Israelites to make “**all**” of their “**unleavened breads,**” and “**all**” of their “**leavened breads,**” that are to be presented unto him as Offerings, to be made with “**oil and salt mixed therein.**” I fully encourage everyone to do their own research into the Holy Scriptures concerning this topic and see how that the true and Great God commands these things to be done.

Throughout the ancient world, and for the past thousands of years of people and nations, the standard practice of the making of bread was usually made in that breads were always made with water, oil and salt in the mixing process. Oil and salt help the digestive system.

When Passover Matza - Unleavened Bread is made with “**soft,**” whole grain flour, water, oil and salt, the Matzo - Unleavened Bread is usually soft, very delicious, and easily to digest. One of the most notable health problems during the Feast of Passover-the Feast of Unleavened Bread, is that there are many individuals who become clogged and constipated, especially because mostly all of the prepared, boxed Passover Matzo of this present time are made from “**white flour and water,**” and are made “**without oil and salt.**”

Make Your Own Passover Matzo-Unleavened Bread: Try making your own Passover Matzo - Unleavened Bread, consisting of whole wheat flour (spring wheat), water, olive oil and salt. After properly mixing the dough, knead and spread out the dough as “**thin**” as possible. Place the thinned-out dough onto your greased baking sheet. Bake the Matzo at a high heated in the oven for a few minutes until nicely brown and done. When done, taste the difference of having and enjoying Matzo-Unleavened Bread that is made from whole wheat, water, olive oil and salt.
