

Aluminum Sulfate Anhydrous  
 Ammonium Bicarbonate  
 Ammonium Carbonate  
 Ammonium Dihydrogen Phosphate  
 Ammonium Hydrogen Carbonate  
 Ammonium Phosphate  
 Baking or Baker's Ammonia  
 Baking Powder  
 Baking Soda  
 Barm  
 Beer  
 Bicarbonate of Ammonia  
 Bicarbonate of Soda  
 Bread Soda  
 Calcium Acetate  
 Calcium acid Phosphate  
 Calcium Carbonate  
 Calcium Dihydrogen Phosphate  
 Calcium Phosphate  
 Carbonate of Ammonia  
 Cream of Tartar  
 Diammonium Hydrogen Phosphate  
 Dicalcium Phosphate  
 Dimagnesium Phosphate  
 Dipotassium Phosphate  
 Disodium Pyrophosphate  
 Enzymes  
 Glucona-delta-lactone  
 Harts-horn  
 Hirsch-horn-salz or Horn Salt  
 Kefir  
 Leaven or Leavening  
 Levair  
 Monocalcium Phosphate  
 Phosphates (most are leaven)  
 Potash/Potassche/Pearlash  
 Potassium Acid Carbonate  
 Potassium Acid Tartrate  
 Potassium Bicarbonate  
 Potassium Bitartrate  
 Potassium Carbonate  
 Potassium Hydrogen Carbonate  
 Potassium Hydrogen Tartrate  
 Saleratus  
 Salt of Harts-horn  
 Soda  
 Sodium Acid Phosphate  
 Sodium Acid Pyrophosphate  
 Sodium Aluminum Phosphate  
 Sodium Aluminum Sulfate  
 Sodium Bicarbonate  
 Sodium Bisulfate  
 Sodium Hydrogen Carbonate  
 Sodium Phosphate  
 Sour Dough  
 Triebsalz  
 Whey protein  
 Yeast

# Beware of Leaven

**Matthew 16:6** "Then Jesus said unto them, Take heed and **beware of the leaven...**" To begin understanding what leaven is we need to go back to the commandment. **Exodus 12:17** "And ye shall observe the feast of unleavened bread; for in this selfsame day have I brought your armies out of the land of Egypt: **therefore shall ye observe this day in your generations by an ordinance for ever.**" **Verse 18:** "In the first month, on the fourteenth day of the month at even, ye shall eat unleavened bread, until the one and twentieth day of the month at even." The selfsame night of Passover begins the feast unleavened bread for seven days. During this time we are to beware of leaven. **Exodus 12:19** "Seven days shall there be **no leaven found in your houses: for whosoever eateth that which is leavened, even that soul shall be cut off** [destroyed] from the congregation of Israel, whether he be a stranger, or born in the land." **Verse 20:** "Ye shall eat nothing leavened; in all your habitations shall ye eat unleavened bread." To beware of leaven we must do some spring cleaning and get rid of products that contain leavening agents. During those seven days obviously we are not to purchase anything containing leaven. Unfortunately we can not provide you with a list of every product that contains leaven since that would be a very long list. But what we could do is provide you with a list of the most common ingredients to look out for when you are cleaning or purchasing. Our advice is to check any unfamiliar ingredient and to remember that leaven is NOT ONLY in bread-like (pizza, cookies, donuts, etc..) products.

**Exodus 12:15** "Seven days shall ye eat unleavened bread; even the first day ye shall put away leaven out of your houses: for whosoever eateth leavened bread from the first day until the seventh day, that soul shall be cut off [destroyed] from Israel." Although we are to avoid leaven that does not mean that we are forbidden from eating bread. On the contrary the Heavenly Father wants us to eat *unleavened bread* for *Seven days*. This picture depicts one form of unleavened bread which is called Matzos (found in your local supermarkets). You could also make your own unleavened bread; it is really easy and tasty. **Leviticus 2:5** "And if thy oblation be a meat offering baken in a pan, it shall be of fine flour **unleavened**, mingled with oil." To make unleavened bread or cake the ingredients are really simple. Fine flour meaning whole wheat flour. Make sure it is not enriched or contains any other ingredients. Pour in olive oil and mix it (water could be included). In the scripture we are taught the meaning of the unleavened bread. Read, **Deuteronomy 16:3**. Although it was known as the bread of affliction it was also known to us as sweet bread. Meaning that other ingredients could be added during mixing to give a good taste, except honey. See, **Leviticus 2:1,11** and **1st Esdras 1:19**. Be creative put some fruit in there, sugar, chocolate, etc.. Remember these are days of joy and gladness and it is fun to bake different kinds of bread for the family. But beware of the recipes you might find on the internet they might say unleavened but the ingredients that are being used might leaven your bread. For example, eggs, buttermilk, etc.. Beware!

