

## *The Israel of God Bible Study Class*

2515 E. 75<sup>th</sup> Street

Chicago, IL 60649

(773) 374-6413 or (800) 96-BIBLE

### **FEAST COMMITTEE NEWS**

As the **Feast of Unleavened Bread** draws near, The Israel of God Feast Committee has prepared the following information list to assist you in understanding and removing the leavening out of your home.

The list should be used as a guide, it is not inclusive. We strongly urge that you **read the labels of all bread products** that you use to determine if they contain leavening.

We welcome any questions, comments or concerns.

Leavening Agents are substances that form bubbles of gas (carbon dioxide) which expands when a batter or dough is heated. Their action makes baked products light and affects grain and texture.

Leavening agents include: **Yeast, Baking Power, Baking Soda** (sodium bicarbonate). Only when mixed with a food acid (i.e. cream of tarter, buttermilk, sour milk, molasses, vinegar or lemon juice).

**Note:** baking soda alone is not a leavening agent.

### **BREAD PRODUCTS CONTAINING LEAVENING**

Bread, Cookies, Muffins, Cupcakes, Crackers, Flour Tortillas, Croutons, Self Rising Flour, Cakes Mixes, Onion Rings, Pancakes, Honey Buns, Breaded Batters, Pizza Crust, Biscuits.