

UNLEAVENED BREAD

1 cup whole wheat flour (extra for dusting)
2 tablespoons extra virgin olive oil
1/2 cup water

The idea for this recipe came from I Kings 17:10-16, the story of Elijah and the widow.

Combine the ingredients, then put dough onto floured surface. Knead for five minutes, then roll out until about 1/8 inch thick. On either parchment paper or a greased cookie sheet, bake in a preheated 350°F oven for 20 minutes.