

SWEET TASTE OF TORAH

This snack relates to this week's lesson. Please take these as suggestions and make necessary changes based on your individual dietary needs.

Mt. Sinai Muffin & Cookie Tablets

Exodus 19:20; 34:4, 29



Ingredients:

- Muffin mix (flavor of choice)
- Vienna finger cookies (represents tablets)
- Silver sprinkles
- Decorating gel
- Chopped nuts

Instructions:

Follow directions on your muffin mix box and pour batter into desired cupcake liners or tins. Bake as directed.

Place the muffin on a paper plate and surround with chopped nuts.

Cut a Vienna finger cookie in half. Carefully split each half of the cookie so that the filling sticks to one side. Put silver sprinkles on the half that still has the filling and use a tube of decorating gel to write Hebrew letters on the filling. Insert 2 toothpicks in the top of the muffin and rest each half of the cookie side by side on the toothpicks.

Just like reading the story of Ruth, it is also tradition to eat food made with dairy on Shavuot. We recommend items such as blintzes, burekas or cheesecake which are very popular. We have a Mt. Sinai muffin to represent the event of receiving the 10 Commandments on Shavuot.