

SWEET TASTE OF TORAH

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

Edible Shabbat Candles

Leviticus 23:3



Ingredients:

- 1 banana (represents candle)
- 2 strawberries (represents flame)
- 1 toothpick - to help hold the strawberry (flame) to the banana (candle)

Instructions:

Cut each banana into 2 candle sticks. Do NOT do this step too far ahead or the banana will brown.

Slice the sides of the strawberries so that you are left with 2 thick middle pieces.

Use a toothpick to affix the strawberry to the banana.

You can make a one-dimensional savory edible candle by using a vegetable of your choice that is long such as celery, asparagus, or a cheese stick and lay it on a plate. Cut up a radish or a grape tomato or kosher hotdog to represent the flame.

See note on the next page regarding Appointed Times snacks.

APPOINTED TIMES SNACKS

This is a time you can choose to do more than one snack as this Torah portion covers all the Appointed Times. You can choose to do one snack a day to cover all the feast days and their related foods during this week or you can pick and choose one or more for Shabbat during class time. The foods can help you teach the feasts. You can find snacks related to the feasts in our Parsha Pearls Feast Edition lessons as well. Here is a list of some ideas that represent the feasts:

Days of Unleavened Bread: Matzah with spreads (peanut butter, jams and jellies)

Shavuot: Take one slice of bread and score it down the middle to represent two tablets. Place raisins on it to represent wording or squeeze some fruit spread on the bread to represent words. You can take two *Little Debbie Nutty Bars* or two *Pepperidge Farm Milano cookies* or any cookies that look like tablets and write 1-10 in English or Hebrew in edible marker.

Rosh HaShanah: Cut up some apples into wedges and dip them in honey. You can also cut your apples in rings and use any type of filling you like such as *Nutella* hazelnut spread, peanut butter, or cream cheese to make an apple sandwich.

Sukkot: Make an edible sukkah using graham crackers and pretzel sticks. Decorate with any candies you desire. You can also make a savory one using carrots or celery and any filling such as cream cheese or ranch dressing for roof. You can make these one or three-dimensional. We also have an edible sukkah in our Sukkot Edition.

Shabbat: You can make the edible Sabbath candles that we have shown. You can also have grape juice and challah for Kiddush and Motzi.

* Pinterest can also help you find ideas for some amazing snacks.