

Yom Teruah

"Yom Teruah Edition"
(Day of Trumpets)

Leviticus 23:23-25; Numbers 28:1-8, 11-15; Numbers 29:1-6
Katan Bet/Gadol



Special Feast Edition

INTRODUCTION

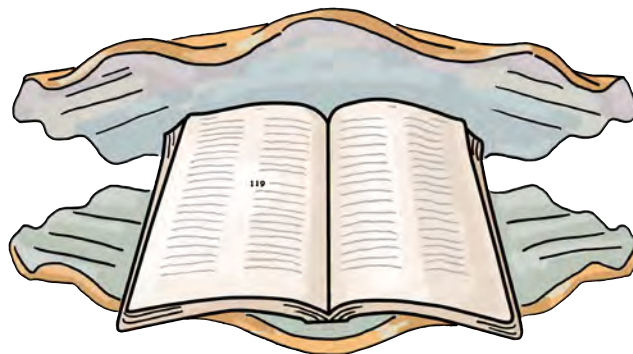
This Parsha Pearls Feast Edition is designed specifically for Yom Teruah. In Leviticus 23:1-2, Yahweh told Mosheh to speak to the children of Yisra'el about His appointed times (moadim), which they were to keep as set-apart gatherings (mikra kodesh). Three times each year, the children of Yisra'el were required to travel to Yerushalayim (Jerusalem) to observe one of the 3 pilgrimage feasts (shalosh regalim).

The 3 spring festivals are:

1. Passover (Pesach)
2. Festival of Unleavened Bread (Chag HaMatzot), which immediately follows Passover
3. Feast of Weeks (Chag HaShavuot)

The 4 autumn festivals are:

1. Day of Trumpets (Yom Teruah/Zichron Teruah/Rosh HaShanah)
2. Day of Atonement (Yom Kippur), Day of Atonements (Yom HaKippurim)
3. Feast of Tabernacles (Chag HaSukkot)
4. 8th day Assembly (Shemini Atzeret), which immediately follows Sukkot



Yom Teruah is the 3rd appointed time (moad) of the year and the 4th High Sabbath. Yom Teruah/Zichron Teruah is commonly referred to as Rosh HaShanah on the calendar. It is also known as the Day of the Shofar Blast (Yom Teruah) or Remembrance of the Shofar Blast (Zichron Teruah). The term Rosh HaShanah meaning head of the year, is not found in the Torah. However, the name Rosh HaShanah is used by our brother Yehudah (Judah) because this feast marks the head of the new fiscal year. In English this feast is commonly known as the Day of Trumpets. *"Speak to the children of Yisra'el saying, 'In the 7th month (new moon), on the 1st day of the month (new moon), you have a rest, a remembrance of blowing of trumpets (Teruah), a set-apart gathering. You do no servile work, and you shall bring an offering made by fire to Yahweh'" (Lev. 23:24-25).*

These festivals were commanded by Yahweh to be kept by the children of Yisra'el throughout their generations, and that is why we are observing them as well (Lev. 23).

In parsha Beha'alotcha (Lev. 10:1-10), Yahweh told Mosheh to make 2 silver trumpets. He then gave him instruction about the different ways these trumpets were to be blown, so that when the children of Yisra'el heard any of them, they would recognize the signal and know what to do.

The Word does not give us a reason for observing this feast day other than as a 'remembrance' of blowing of trumpets (Lev. 23:24). It is certainly proper to 'remember' the events at Mt. Sinai on this festival, because when the children of Yisra'el received Yahweh's commandments there was a sounding of the shofar (Parsha Yitro - Ex. 19:13, 16, 19; 20:18).

Brother Yehudah has many ideas about what may have happened during this Sinai event, and you can research them if you would like. In Psalm 81:3-4 we are told, "*Blow the shofar (ram's horn) at the time of the New Moon, at the full moon, on our festival day. For this is a law for Yisra'el, And a right-ruling of the Elohim of Ya'aqob.*"

Now let's take a look at some of the traditions that brother Yehudah does on this day when they gather in their synagogues.

Greetings

- On this feast day, Yehudim usually greet each other with the words, "L'shanah tovah" (for a good year). This is a shortening of "L'shanah tovah tikatev v'taihatem," or to women, "L'shanah tovah tikatevi v'taihatemi," which means, "May you be inscribed and sealed for a good year."

Shofar/Trumpet Blasts

- While everyone is gathered, it is customary to hear someone blow 100 shofar blasts on a ram's horn. There are 4 different kinds of sounds that make up the 100 blasts:
 - The *Tekiah* is a long, single blast. It is a smooth, continuous note symbolizing the expression of joy and contentment.
 - The *Shevarim* are 3 short blasts. The 3 broken notes symbolize weeping.
 - The *Teruah* consists of 9 staccato notes sounded in very quick succession, like a short trill. This symbolizes trepidation, sorrow and sobbing.
 - The *Tekiah Gedolah* is the 100th blast, and means 'the last trump.' It is a very long, sustained final note, symbolizing the hope of redemption.

Apples and Honey - Bread and Honey

- It is customary to serve apples and honey as a symbol of the hope that the New Year will be sweet. It is also customary to dip the bread for the Motzi (blessing over the bread) in honey instead of the usual practice of sprinkling salt on it.

Round Loaf of Bread

- It is customary to serve a round-shaped bread for the Motzi (blessing over the bread), which symbolizes a crown.

Ten Days of Awe

- Yom Teruah begins a short period known as the '*Ten Days of Awe*', which lead up to and include the next commanded feast day, Yom Kippur. It is a time of introspection, reconciliation and preparation.

Tashlich

- Brother Yehudah performs this ceremony based on Micah 7:18-19. One will throw bread or rocks into the water to symbolize 'sins' that are cast into the sea and washed away.

Common names for this day and their meanings

- Yom Teruah - a day of blowing the trumpet - Num. 29:1
- Zichron Teruah - a remembrance of blowing of trumpets - Lev. 23:24
- Rosh HaShanah - head of the year (the most common term used by brother Yehudah)

Chag Sameach (Happy Feast) from MTOI and YMTOI

Table of Contents

Parsha Pearls is a comprehensive resource that allows for complete customization by the parent. We understand that if you were to strive to accomplish all aspects of each lesson in one day it would be unrealistic and also overload for the child. It is our intention that this be used 'a la carte' so that it suits your specific needs. Our site caters to printing only the pieces you choose.

This page will provide quick links to get to the portion of the document for which you are looking. When you hover over the title a finger will appear. Click on it and you will be taken directly to that page.

If you are new to Parsha Pearls, we have created an [Introduction](#) document outlining how to use our lessons, as well as a [Scriptural Inspiration](#) document, which explains our titles and the Scriptural inspiration for them. We pray that Parsha Pearls blesses your home and that your children will grow to love the Word and to never depart from keeping Torah. As always, feel free to email us at parshapearls@mtoi.org if you have any questions.

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Pearl Seeking

TREASURING HIS WORD

We are providing a special Parsha Pearls lesson to do for the feast day of Yom Teruah. We have provided a 'Parent Guide' to be used while going over each offering. Now, let's read Lev. 23:23-25; Num. 28:1-8, 11-15 & 29:1-6.

PARSHA POINTS

- Yahweh told Mosheh to speak unto the children of Yisra'el - Lev. 23:23-25
- In the 7th month, on the first day of the month they were to have (Lev. 23:24; Num. 29:1):
 - a rest (**Shabbatohn**)
 - a remembrance of blowing of trumpets (**Zichron Teruah**)
 - a day of blowing the trumpets (**Yom Teruah**)
 - a set-apart gathering
- The children of Yisra'el were commanded to (Lev. 23:25; Num. 29:1):
 - do no servile work (**meleket avodah**)
 - bring an offering made by fire to Yahweh
 - blow the trumpets
- Yahweh told Mosheh to instruct the children of Yisra'el to bring His offerings to Him at their appointed time - Num. 28:1
- The required offerings for Yom Teruah (Num. 28:1-8, 11-15; 29:2-6):
 - **Burnt (Ascending) Offerings** (as a sweet fragrance to Yahweh) along with their **Grain (Meal) Offering** (fine flour mixed with oil)
 - 1 (**achat**) young bull + 3/10s of an ephah of fine flour mixed with oil for the bull
 - 1 ram + 2/10s of an ephah of fine flour mixed with oil for the ram
 - 7 (**sheva**) lambs a year old, perfect ones + 1/10 of an ephah of fine flour mixed with oil for each of the 7 lambs
 - **Sin Offering** (to make atonement for you)
 - 1 male goat



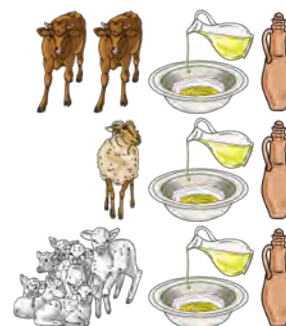
➤ **Daily (Continual) Burnt (Ascending) Offerings** along with their **Grain (Meal) Offering** and **Drink Offering**

- 2 (**shtayim**) male lambs, a year old, perfect ones - 1 lamb is prepared in the morning, and the other lamb is prepared between the evenings (twilight)
- 1/10 of an ephah of fine flour mixed with 1/4 of a hin of pressed oil
- 1/4 of a hin of wine for each lamb to be poured out in the Set-apart Place to Yahweh



➤ **Burnt (Ascending) Offerings** for the New Moon (beginning of month), along with their **Grain (Meal) Offering** and **Drink Offering**

- 2 young bulls + 3/10s of an ephah of fine flour mixed with oil for each bull + 1/2 of a hin of wine for a bull
- 1 ram + 2/10s of an ephah of fine flour mixed with oil for the 1 ram + 1/3 of a hin for a ram
- 7 lambs a year old, perfect ones + 1/10 of an ephah of fine flour mix with oil for each lamb + 1/4 of a hin of wine for each lamb



➤ **Sin Offering** (to make atonement for you)

- 1 male goat



DIGGING DEEPER

Parents/Teachers may choose to use these prompts for further discussion of the lesson.

- Read the account in Nehemiah 8:1-12 regarding what happened in Yerushalayim after the wall was rebuilt. Does this happen on Yom Teruah?
- Discuss the following verses associated with Yom Teruah and blowing the trumpet.
 - Isaiah 27:13
 - Psalm 47:5
 - Psalm 81:3-4
 - Ezra 3:1-6
 - Zechariah 9:14-16
 - Matthew 24:30-31
 - 1 Corinthians 15:50-58
 - 1 Thessalonians 4:13-18
- We know that the spring feasts have been fulfilled by Yeshua by His first coming. Research the meaning of the fall feasts and their prophetic significance. What does Yom Teruah represent?



PARENT GUIDE

This visual guide is to help parents and teachers explain the offerings required for Yom Teruah (Num. 29:2-6).

- **Burnt (Ascending) Offerings** (as a sweet fragrance to Yahweh) along with their **Grain (Meal) Offering** (Num. 29:2-5)



+



1 young bull +
3/10s of an
ephah of fine
flour mixed with
oil for the bull



+



1 ram +
2/10s of an
ephah of fine
flour mixed with
oil for the ram



+



7 lambs a year
old, perfect
ones + 1/10 of
an ephah of fine
flour mixed with
oil for each of
the 7 lambs

- **Sin Offering** (to make atonement for you)



1 male goat

- **Daily (Continual) Burnt (Ascending) Offerings** along with their **Grain (Meal) Offering** and **Drink Offering** (Num. 28:3-8;29:6)

In the morning:



+



+



1 male lamb, a year old,
perfect one

1/10 of an ephah of
fine flour mixed with
1/4 of a hin of pressed
oil

1/4 of a hin of wine for
each lamb to be poured
out in the Set-apart
Place to Yahweh

Between the evenings:



+



+



1 male lamb, a year old,
perfect one

1/10 of an ephah of
fine flour mixed with
1/4 of a hin of pressed
oil

1/4 of a hin of wine for
each lamb to be poured
out in the Set-apart
Place to Yahweh

- **Burnt (Ascending) Offerings** for the New Moon (beginning of month), along with their **Grain (Meal) Offering** and **Drink Offering** (Num. 28:11-15;29:6)



+



+



2 young bulls +
3/10s of an ephah
of fine flour mixed
with oil for each
bull + half a hin of
wine for a bull



+



+



1 ram + 2/10s of an
ephah of fine flour
mixed with oil for
the 1 ram + 1/3 of
a hin of wine for a
ram



+



+



7 lambs a year
old, perfect ones
+ 1/10 of an ephah
of fine flour mix
with oil for each
lamb + 1/4 of a hin
of wine for each
lamb

- **Sin Offering** (to make atonement for you)



1 male goat

Searching Out Hebrew

Parents/Teachers can print out the '[Hebrew Pronunciation Guide](#)' to help with the pronunciation of Hebrew names and words. They can be cut out and used in conjunction with the Flashcards.

WORDS

Parents/Teachers see the following page for 3 x 5 card cut outs of the words from this week's lesson. If printed on card stock, they can be kept in a box to reinforce learning.

Zichron Teruah ([זכרון תרועה](#)) - remembrance of blowing of trumpets

Meleket Avodah ([מלאכת עבודה](#)) - servile work

Yom Teruah ([יום תרועה](#)) - a day of blowing of trumpets

Shabbatohn ([שבת](#)) - rest

NUMBERS

Parents/Teachers can print out these numbers to have as additional resources. These can be found under the 'Resources' tab on the YMTOI website.

1 - achat

2 - shtayim

7 - sheva

WORD MATCH

Match this week's Hebrew words to their correct definition.

Meleket Avodah

A day of blowing of trumpets

Shabbatohn

Rest

Yom Teruah

Remembrance of blowing
of trumpets

Zichron Teruah

Servile work



FLASHCARDS

מלאכת עבודה

Meleket Avodah

Me-le-keṯ A-vo-dah

servile work

שַׁבָּתוֹן

Shabbatohn

Shab-ba-tohn

rest

זכרון תרועה

Zichron Teruah

Zi-chron Te-ru-ah

remembrance of blowing of
trumpets

יוֹם תְּרוּעָה

Yom Teruah

Yom Te-ru-ah

a day of blowing of trumpets

WRITING HEBREW

Meleket Avodah (servile work)

מלאכת עבודה

Hey Dalet Vet Ayin Tav Khaf Aleph Lamed Mem
מלאכת עבודה

Shabbatohn (rest)

שבתון

Nun Soft Yud Tav Bet Shin
שבתון

Zichron Teruah

(remembrance of blowing of trumpets)

זכרון תרועה

Hey Ayin Vav Resh Nun Soft Vav Resh Khaf Zayin
זכרון תרועה

Yom Teruah

(a day of blowing of trumpets)

יום תרועה

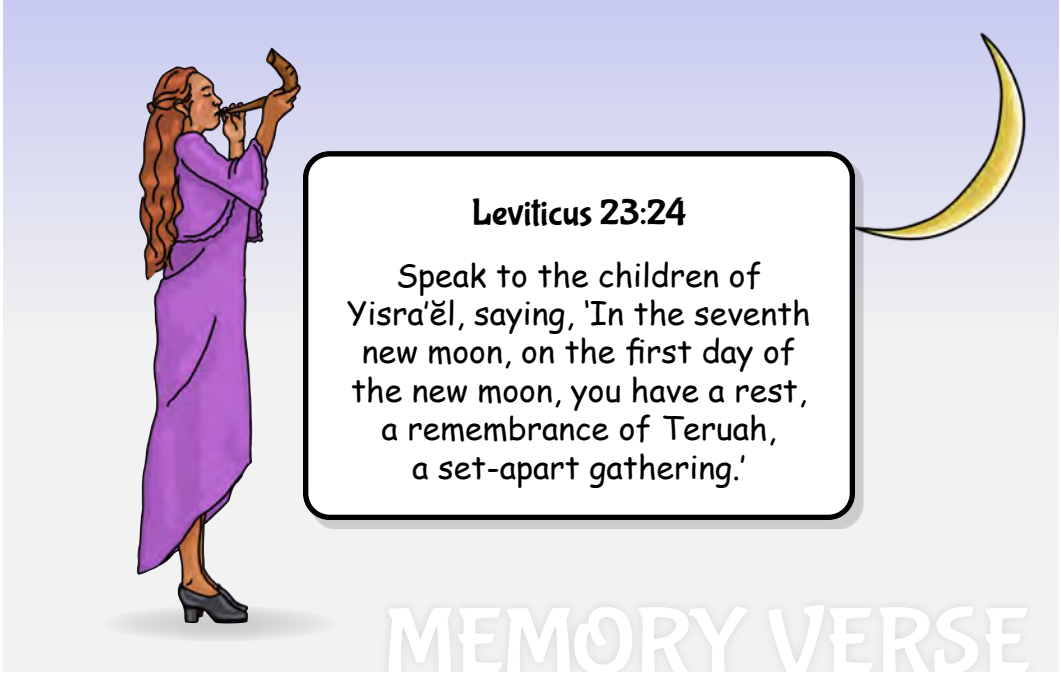
Hey Ayin Vav Resh Nun Soft Vav Yud
יום תרועה

Counting What You Gained

This next section is intended to be reinforcement of the lessons learned during this lesson. Choose the activities that best fit your child.

STORING UP TREASURE IN MY HEART

The Katan Bet and Gadol memory verse is Leviticus 23:24. You can review the verse with them by reciting it out loud, acting it out, putting it to music...whatever works for you.



Leviticus 23:24

Speak to the children of Yisra'el, saying, 'In the seventh new moon, on the first day of the new moon, you have a rest, a remembrance of Teruah, a set-apart gathering.'

MEMORY VERSE

Here is the link for this song:

https://www.podomatic.com/podcasts/steveberkson/episodes/2021-09-02T21_09_08-07_00

Use this space to draw a picture of the verse memorized.

Use this space to write out the verse memorized.

SEEKING TREASURE

1.



Which month and day do we celebrate Yom Teruah?

Circle the correct choice.

7th month, 1st day 7th month, 10th day

7th month, 15th day

(Lev. 23:24; Num. 29:1)

2.



This day is a remembrance of what?

Circle the correct choice.

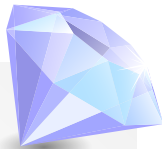
being led out of Mitsrayim

blowing the trumpets

receiving of the commandments

(Lev. 23:24; Num. 29:1)

3.

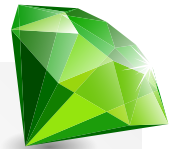


We are commanded to do no

_____ work.

(Lev. 23:25; Num. 29:1)

4.



The burnt offering was:

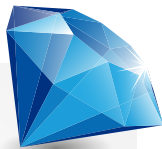
_____ young bull

_____ ram

_____ lambs

(Num. 29:2)

5.



The grain offering consisted of fine flour mixed with oil.

T / F

(Num. 29:3)

6.



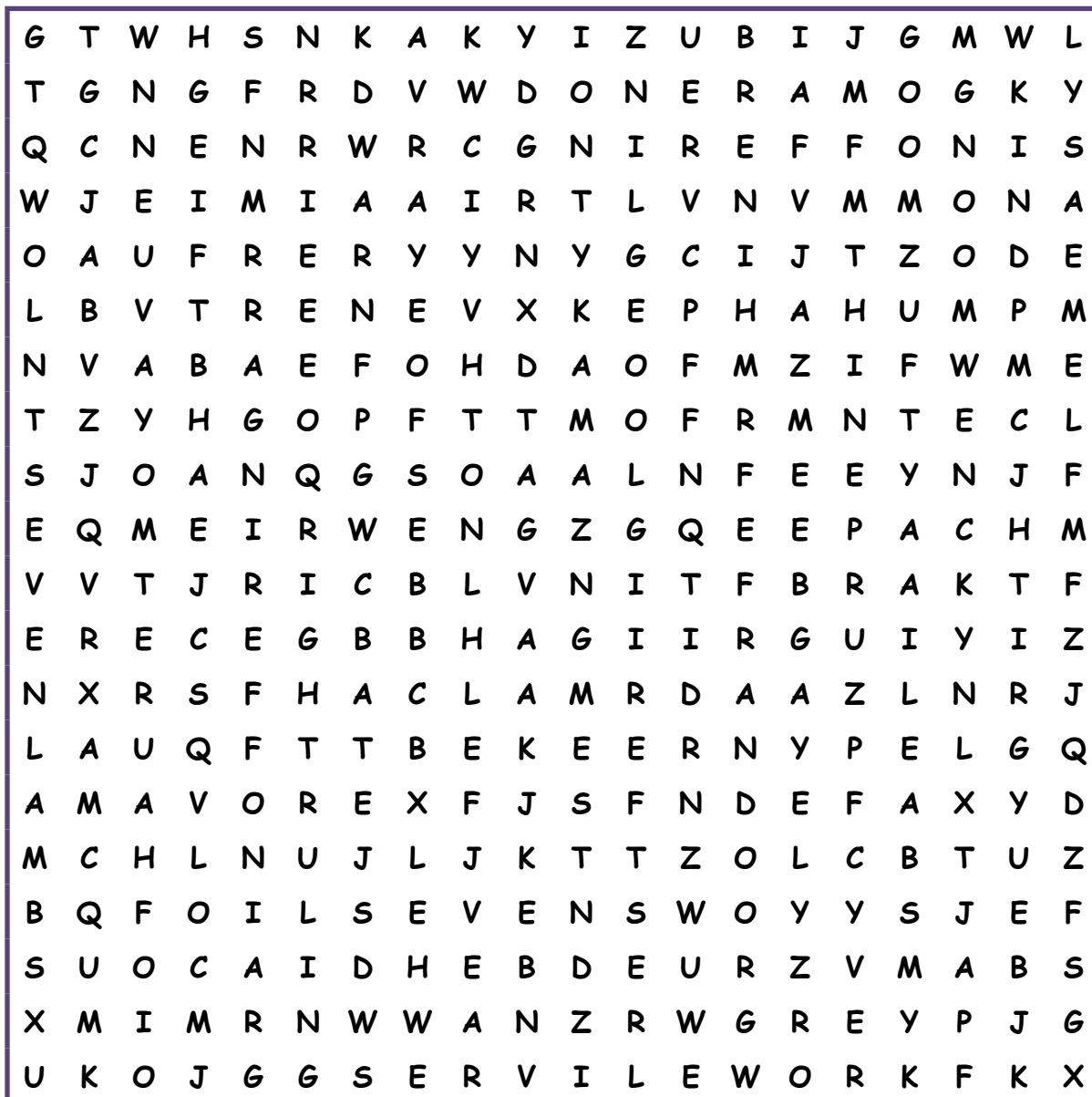
Other offerings were made on this day besides the one for the feast.

T / F

(Num. 29:6)

WORD SEARCH

Search for the hidden words from this week's lesson.



YOM TERUAH

NEW MOON

SEVEN

REST

SET-APART GATHERING

SERVILE WORK

ASCENDING OFFERING

SWEET FRAGRANCE

ONE BULL

ONE RAM

SEVEN LAMBS

PERFECT

GRAIN OFFERING

FINE FLOUR

EPHAH

ONE MALE GOAT

SIN OFFERING

ATONEMENT

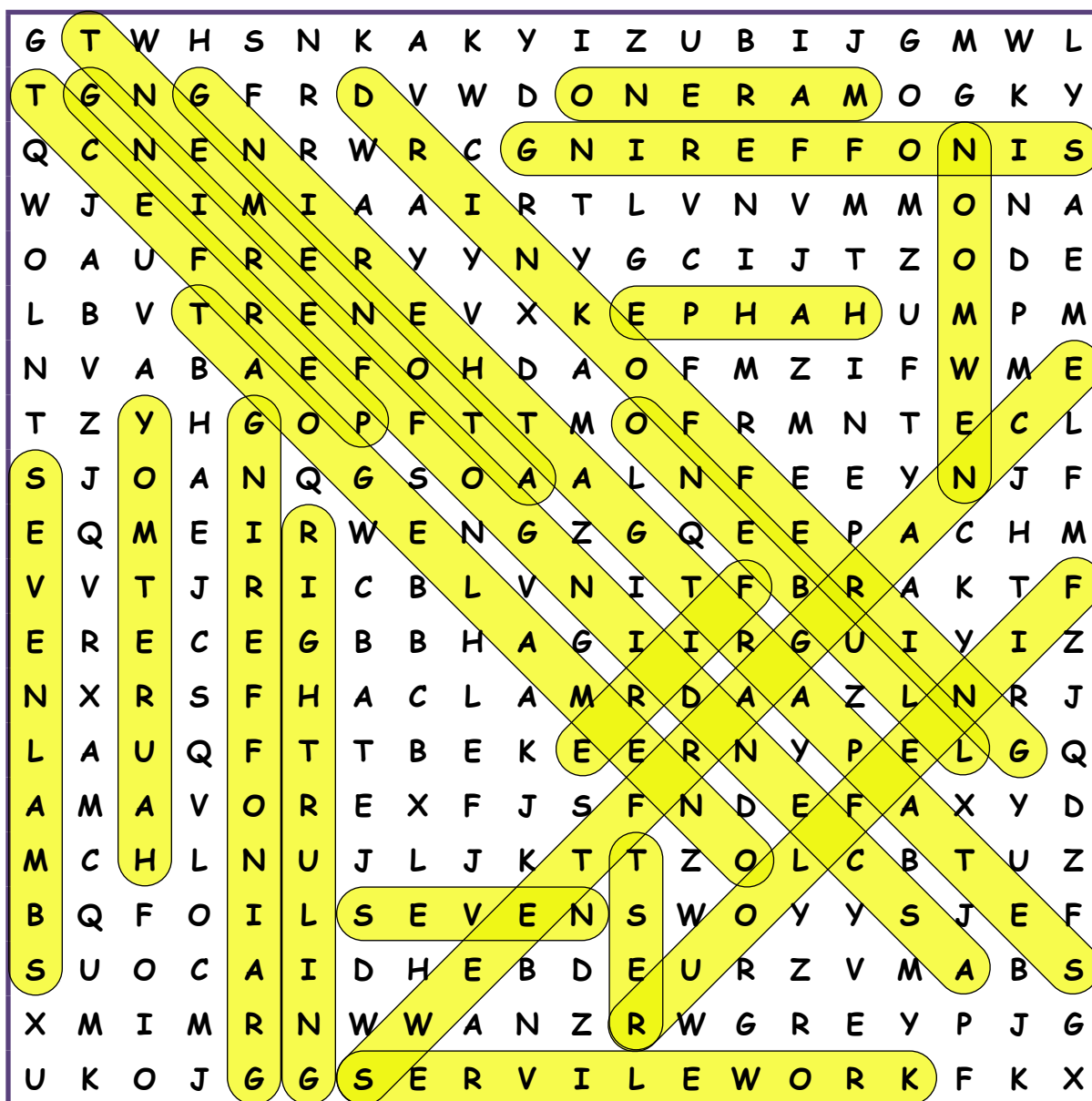
DRINK OFFERING

FIRE

RIGHT-RULING



Answer Key



YOM TERUAH

NEW MOON

SEVEN

REST

SET-APART GATHERING

SERVILE WORK

ASCENDING OFFERING

SWEET FRAGRANCE

ONE BULL

ONE RAM

SEVEN LAMBS

PERFECT

GRAIN OFFERING

FINE FLOUR

EPHAH

ONE MALE GOAT

SIN OFFERING

ATONEMENT

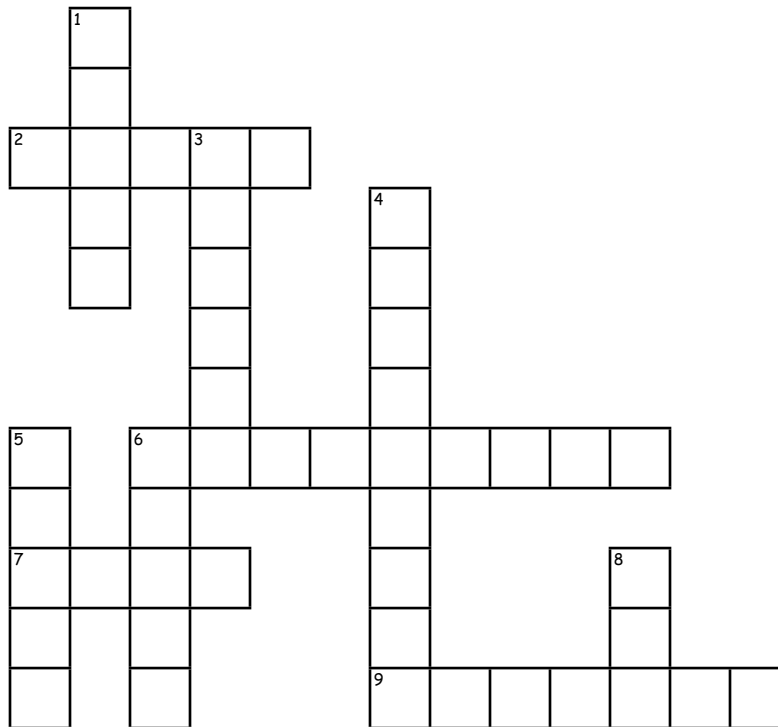
DRINK OFFERING

FIRE

RIGHT-RULING

CROSSWORD PUZZLE

Complete the crossword using words from this week's lesson.



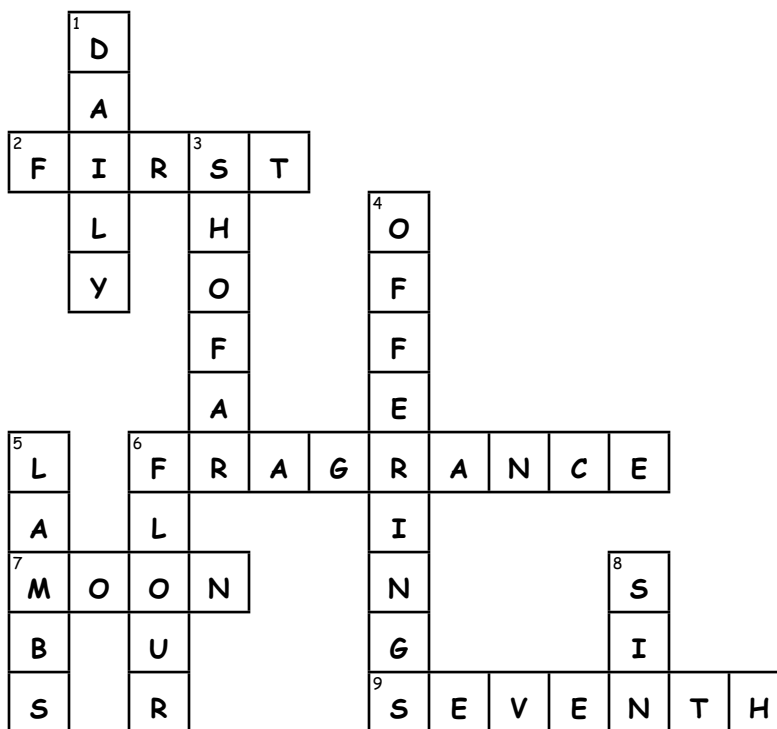
Across

2. Yom Teruah is celebrated in the 7th month on the _____ day.
6. The offerings are a sweet _____ to Yahweh.
7. In addition to the feast offering, there was a New _____ offering.
9. Yom Teruah is celebrated in the _____ month.

Down

1. All these offerings were in addition to the _____ offerings.
3. The name of the instrument we blow on Yom Teruah.
4. Yahweh wanted his people to do _____ on this day which included animals, grains and drink.
5. The burnt offering included 1 young bull, 1 ram and 7 _____.
6. The grain offering used fine _____ mixed with oil.
8. One male goat was given for the _____ offering.

Answer Key



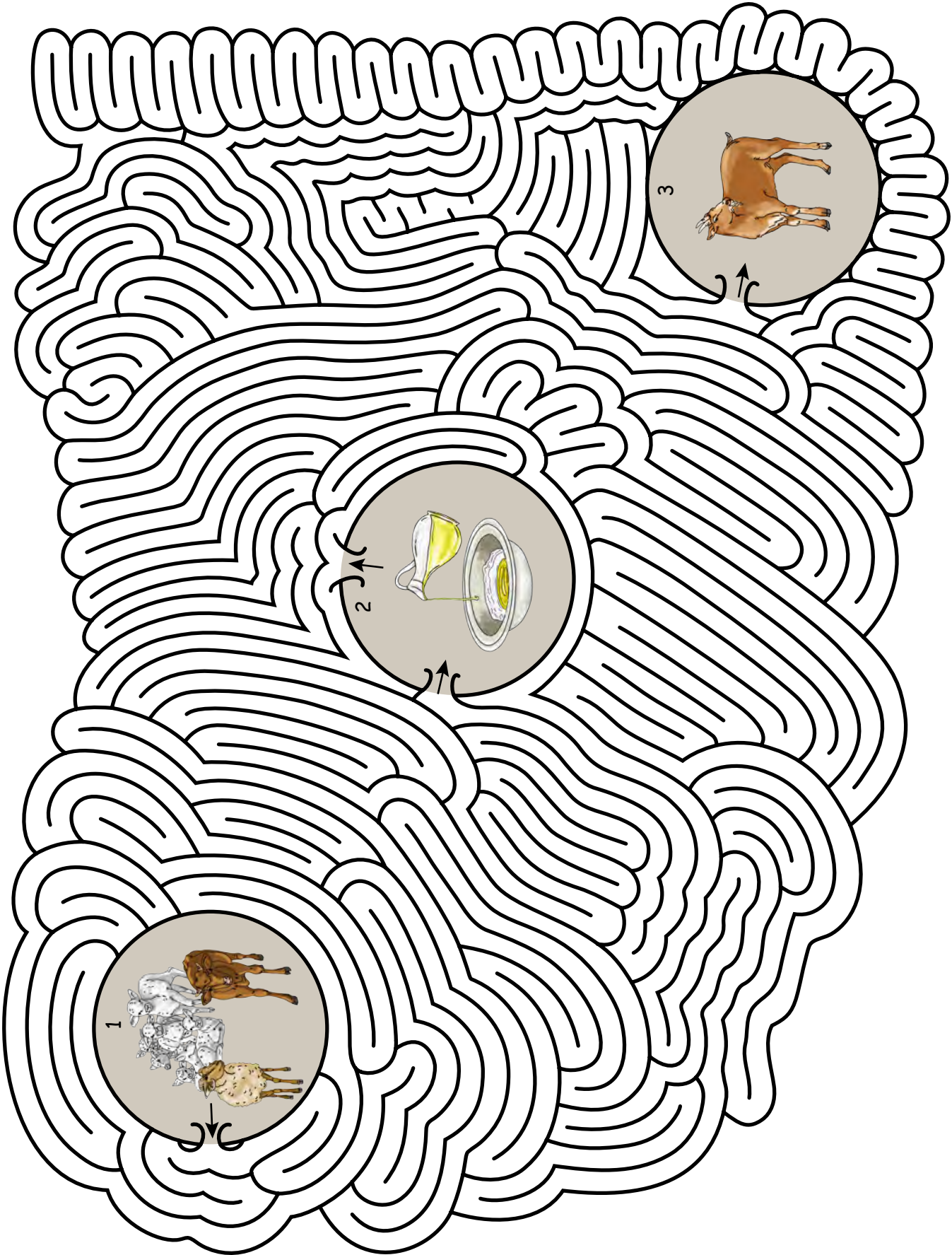
Across

2. Yom Teruah is celebrated in the 7th month on the **first** day.
6. The offerings are a sweet **fragrance** to Yahweh.
7. In addition to the feast offering, there was a New **Moon** offering.
9. Yom Teruah is celebrated in the **seventh** month.

Down

1. All these offerings were in addition to the **daily** offerings.
3. The name of the instrument we blow on Yom Teruah. **shofar**
4. Yahweh wanted his people to do **offerings** on this day which included animals, grains and drink.
5. The burnt offering included 1 young bull, 1 ram and 7 **lambs**.
6. The grain offering used fine **flour** mixed with oil.
8. One male goat was given for the **sin** offering.

MAZE



CRYPTOGRAM

Using the code below, match the letters with the symbols to reveal the mystery phrase.

[illegible]

◆	↕	★	👤	😊
—	—	—	—	—
V	W	X	Y	Z
↗	✚	👉	↕	↔
—	—	—	—	—
Q	R	S	T	U
💙	🚫	✳	🏠	⬇
—	—	—	—	—
L	M	N	O	P
✿	📄	☒	👉	⊗
—	—	—	—	—
G	H	I	J	K
😬	😇	↶	👤	↶
—	—	—	—	—
A	B	C	D	E
—	—	—	—	—
F				

CRYPTOGRAM ANSWER KEY

Using the code below, match the letters with the symbols to reveal the mystery phrase.

BLOW THE RAM'S HORN AT THE TIME OF
THE NEW MOON, AT THE FULL MOON, ON
OUR FESTIVAL DAY. FOR THIS IS A LAW
FOR YISRA'ĒL, AND A RIGHT-RULING OF
THE ELOHIM OF YA'AQOB. I AM YAHWEH
YOUR ELOHIM, WHO BROUGHT YOU OUT OF
THE LAND OF MITSRAYIM; OPEN YOUR
MOUTH WIDE, AND I FILL IT.
TEHILLIM 81:3-4,10

A - ☹️	G - *	L - ♥️	V - ♦️
B - ☹️	H - 🗲️	M - 🚫	W - ↕️
C - ↶	I - 🗲️	N - *	X - ★
D - 🙌	J - ♥️	O - 🚫	Y - 🙌
E - ↶	K - 🗲️	P - ➡️	Z - ☺️
F - ↷			

Precious Possessions

NOTEBOOK PAGE

Materials:

- Cardstock - white
- Stars (sequins or draw your own)
- Aluminum foil (for new moon)
- X-acto knife
- Puncturing tool
- Brads
- Clear tape
- Glue
- Scissors
- Coloring pencils, crayons or markers
- Optional: Puffy paint or glitter glue (for moon and stars)
- Notebook Templates: Boy - Main Page & A (BW) or Main Page & B (color);
Girl - Main Page & C (BW) or Main Page & D (color)

Parent/Teacher Preparation:

- Print Notebook Templates of choice on white cardstock.

Instructions for the Notebook Page:

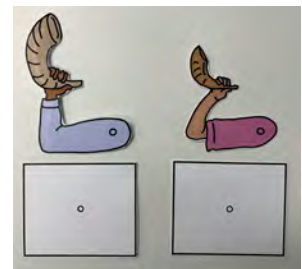
- If using BW Templates, color everything except for the rectangle piece, using medium of choice.
- Cut out all the pieces on Template A or B. (P1)

Embellishing the Sky

- Using a small piece of aluminum foil, cut a 'sliver' shape and glue onto the sky on the left side of the Main Page. You can also use puffy paint or glitter glue to draw it on the page if desired. (P2a, P2b)
- Glue 'star sequins' onto the sky of the Main Page. You can also use puffy paint or glitter glue to draw them on the page if desired. (P2b)
- Allow to dry.

Blowing the Shofar Past and Present

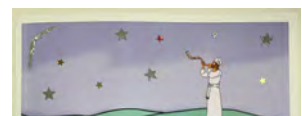
Leviticus 23:24; Numbers 29:1



P1



P2a



P2b

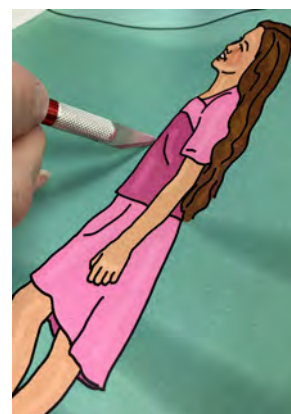
Instructions for the Notebook Page Cont'd:

Moving Arm Pieces

- Using an X-acto knife, cut a slit through the cardstock along the shirt line from the shoulder to the 4th button on the boy's shirt on the Main Page or along the dress line from the shoulder to the top crease on the girl's dress on the Main Page. (P3a, P3b)
- Using a puncturing tool, poke a hole through the circle on the shoulder piece of the boy or girl. (P4a, P4b)
- Using a puncturing tool, poke a hole through the circle on the rectangle piece. (P5)
- Slide arm piece through the slit on the Main Page and then insert a brad through indicated circle on shoulder area (P6a, P6b)
- Insert the rectangle cardstock piece behind the shoulder piece. (P7)
- Open the brad and tape the rectangle onto the back of the Main Page to secure to the page. Before taping the rectangle, turn the page over and make sure that the arm piece is in the correct location for raising the shofar to the mouth. (P8)



P3a



P3b



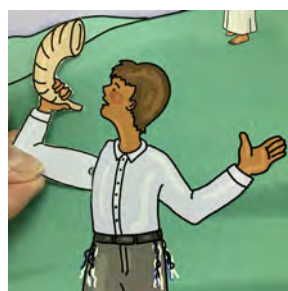
P4a



P4b



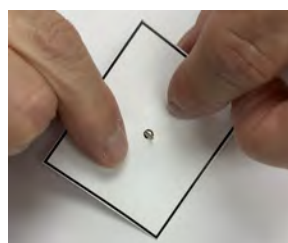
P5



P6a



P6b



P7



P8

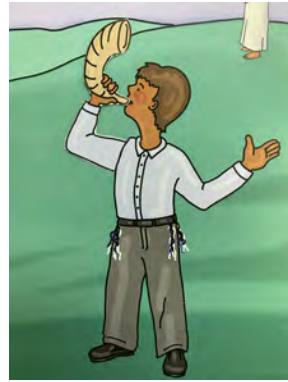
Instructions for the Notebook Page Cont'd:

- The arm of the boy or girl can be raised to blow the shofar or lowered to their side. (P9a, P9b, P9c, P9d)

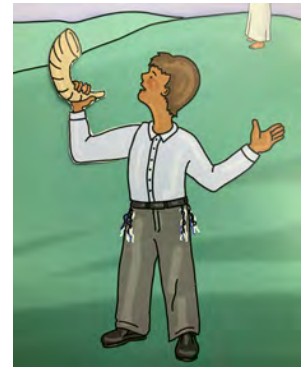
Hebrew Words

- Write the following directly onto the Main Page or on a piece of colored cardstock and glue to the page:
 - 1) Yom Teruah
 - 2) יום תרועה
 - 3) A Day of Blowing of Trumpets (P10a, P10b)
 - 1) Zichron Teruah
 - 2) זכרון תרועה
 - 3) Remembrance of Blowing of Trumpets (P11a, P11b)

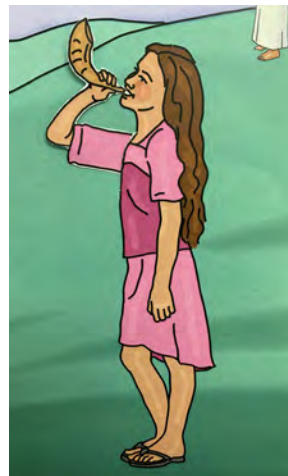
You now have a visual representation of the command to blow the trumpet on the Festival of Yom Teruah. This Notebook Page depicts the past which is the remembrance of the blowing of the trumpet (Zichron Teruah) as well as the present and future command to blow the trumpet on the Day of Trumpets. (Yom Teruah)



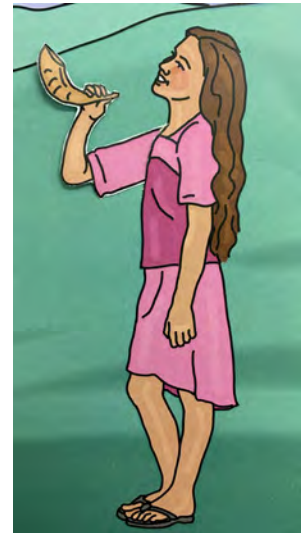
P9a



P9b



P9c



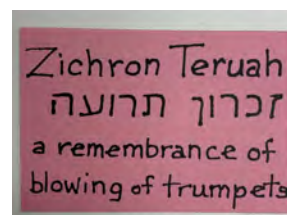
P9d



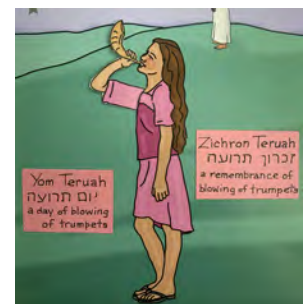
P10a



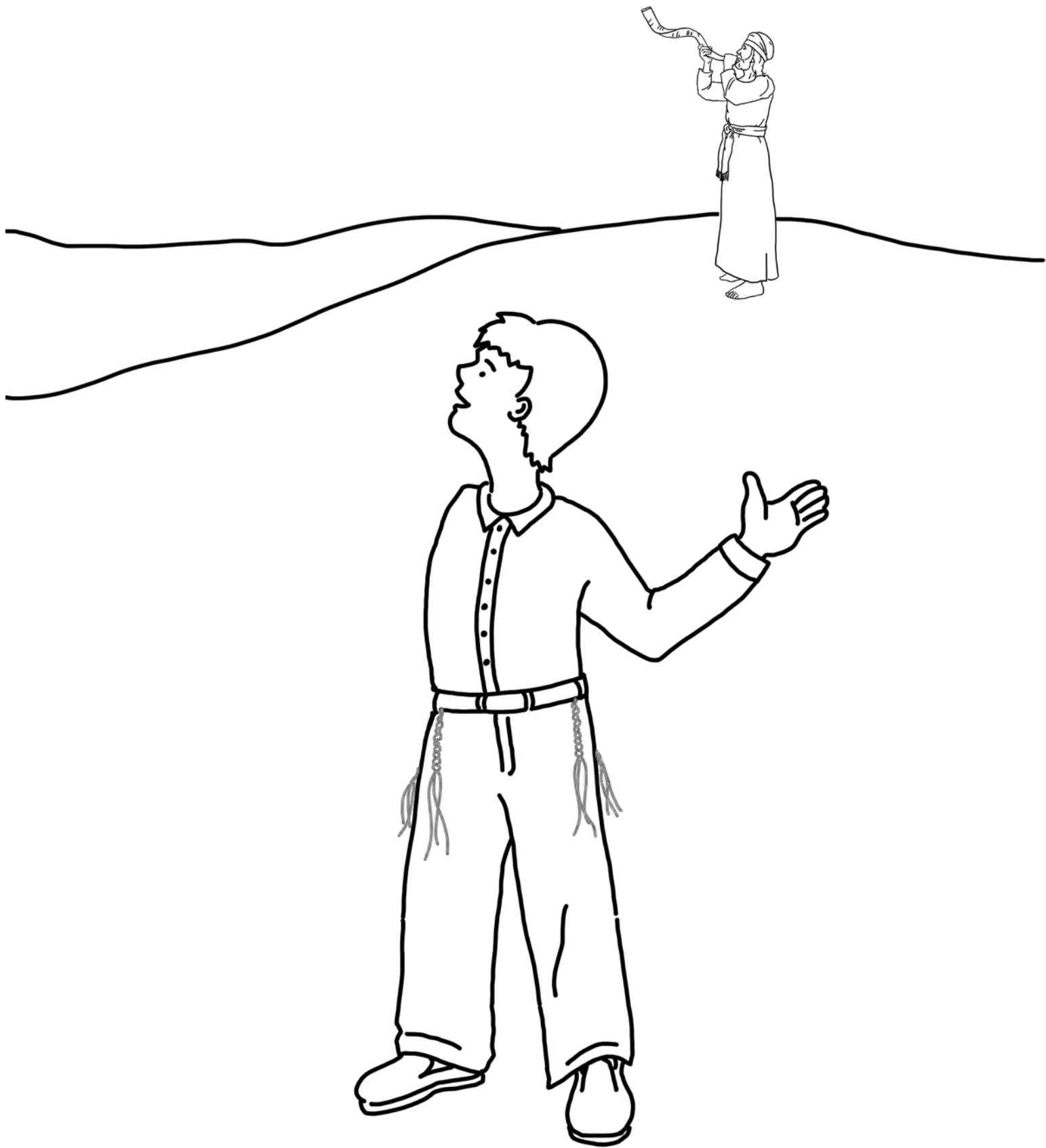
P10b

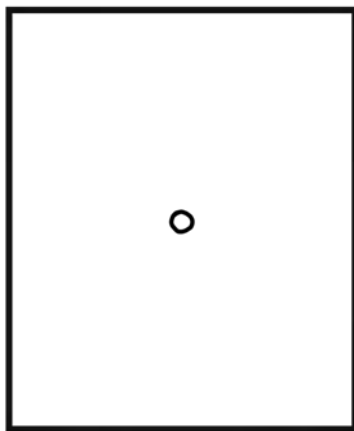


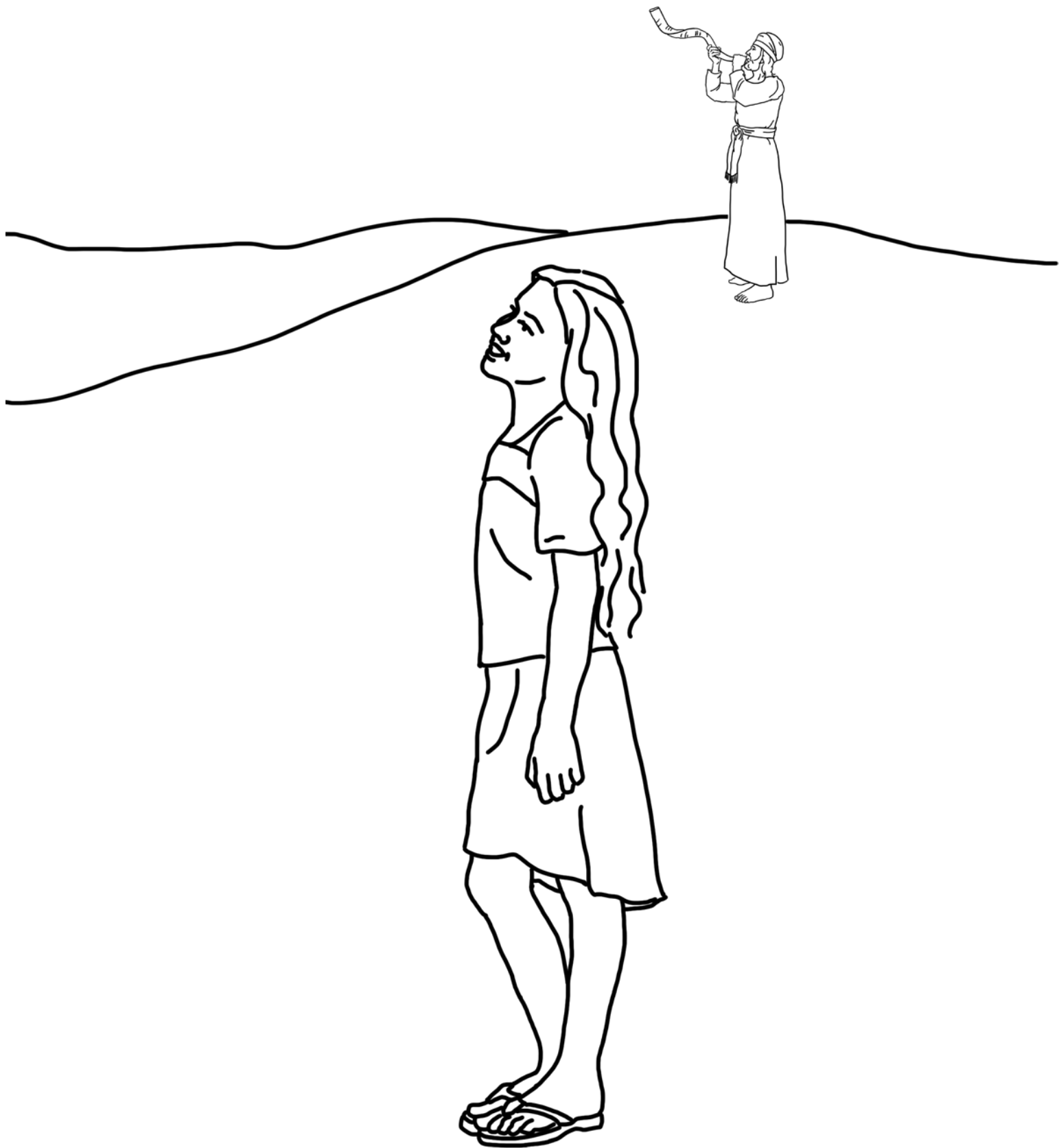
P11a

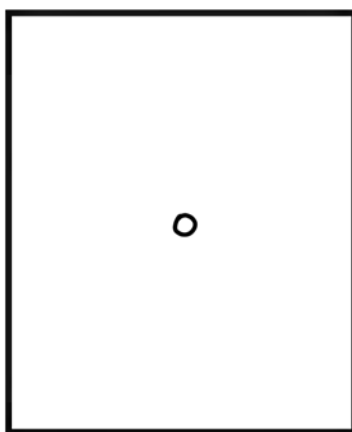
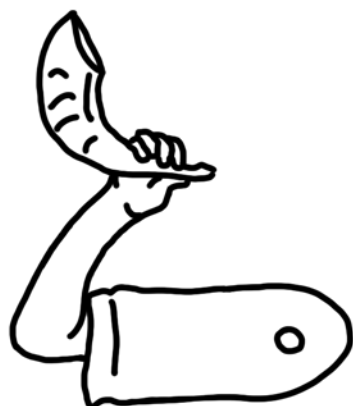


P11b

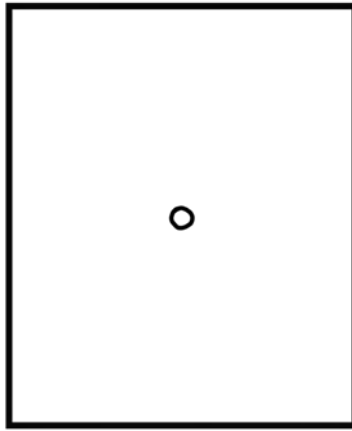




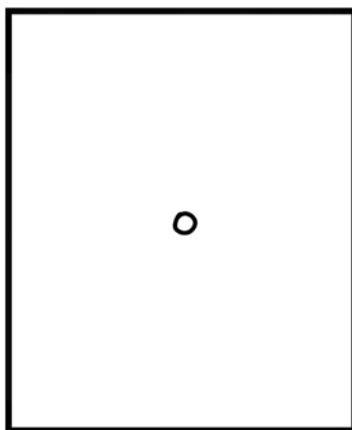


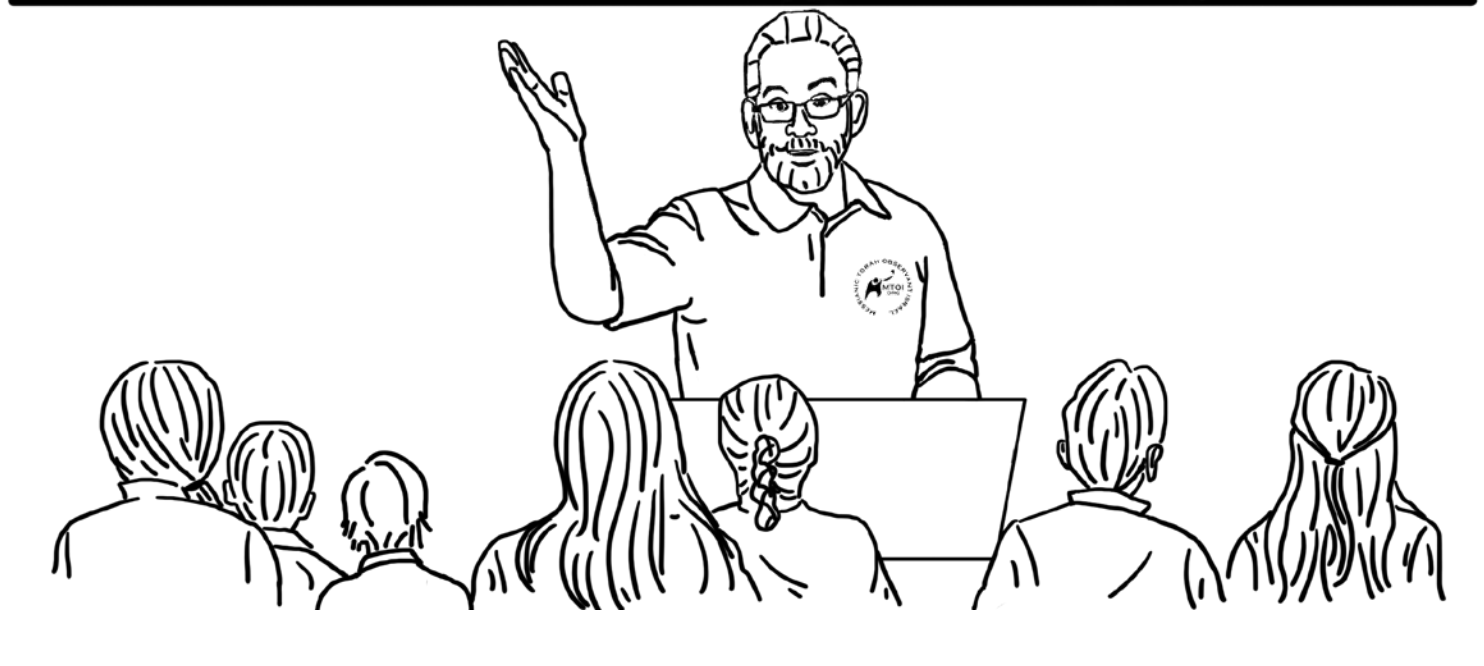
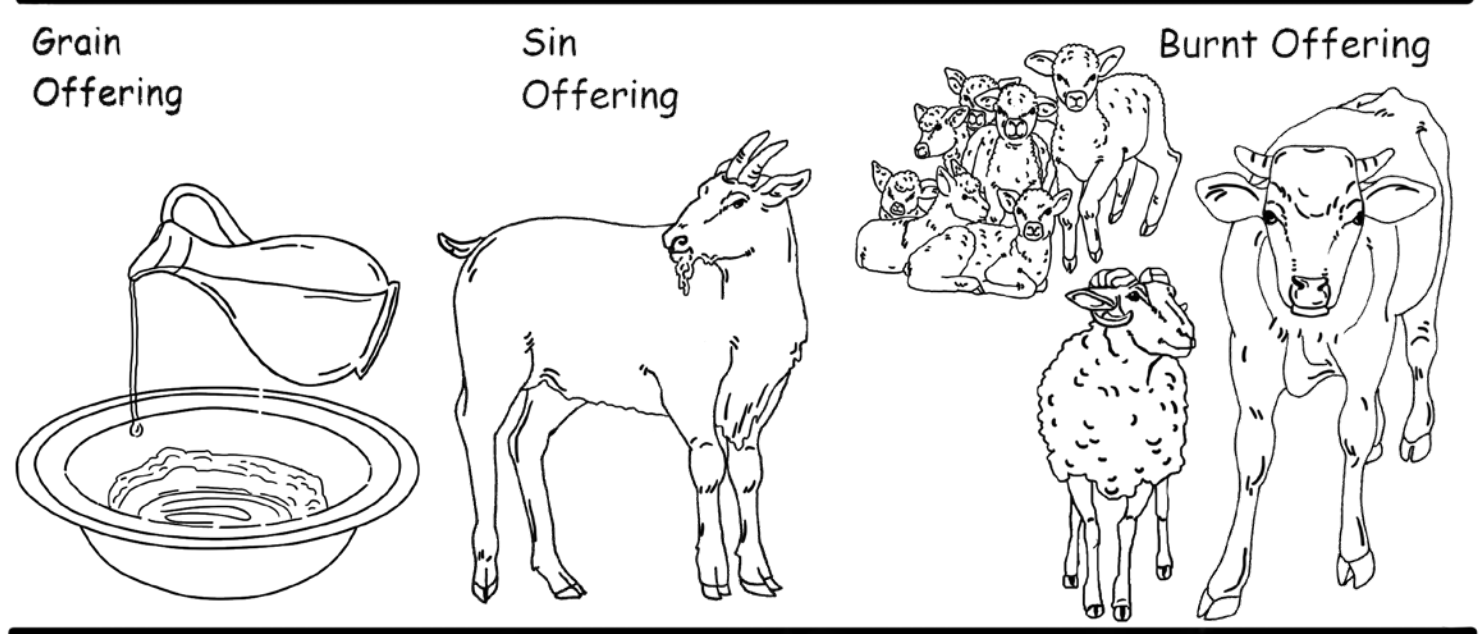
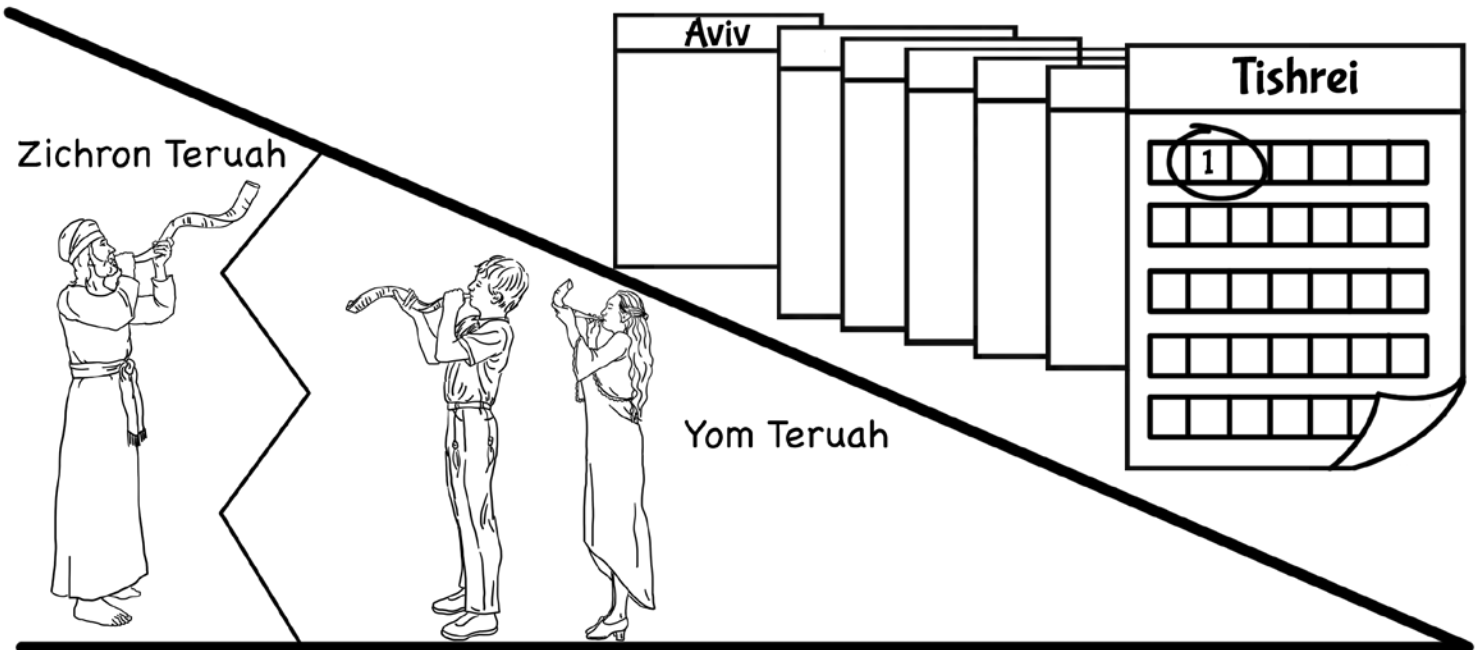












Yom Teruah

"Yom Teruah"
Day of Trumpets

Leviticus 23:24

Sweetness of Torah

SWEET SOUNDS OF TORAH

(Sing Praises to His Name)

Here is the link for this song:

https://www.podomatic.com/podcasts/steveberkson/episodes/2018-09-05T04_56_09-07_00

Sing to tune of "Oh my Darling Clementine"

Dip the Apple in the Honey

Shana Tovah U' Metuka means a 'good and sweet year'

Dip the apple in the Honey
Make a Bracha loud and clear
L' Shana Tovah U' Metuka
Have a Happy Sweet New Year!

Father, Mother, Sister, Brother
Gather round the table here
L' Shana Tovah U' Metuka
Have a Happy Sweet New Year!



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.

Waffle Cone Trumpet

Leviticus 23:24; Numbers 29:1



Ingredients:

- Waffle cone
- *Magic Shell* chocolate topping (to cover edges of cone)
- White round candy melts (represents trumpet finger buttons)
- Sprinkles (color of choice)
- Various fruits (of choice)

Instructions:

Squeeze *Magic Shell* topping all around the opening edge of a waffle cone. Place sprinkles of choice onto a dish and dip the chocolate covered cone into sprinkles making sure to cover the edges of the horn. Dip the white candy melts into *Magic Shell* to use as adhesive for the cone. Place 3-4 round candy melts on the waffle cone in a line and place in freezer to harden for a few seconds. Remove waffle cone from freezer and fill with fruit. Apples are the tradition for this day but you can use whatever you prefer.

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.

Honey Fruit Cup



Ingredients:

- 1 (6 oz.) container lemon, custard style yogurt
- 1 (3 oz.) pkg. cream cheese, softened
- 1 Tbsp. honey
- 2 med. apples, sliced
- 2 med. pears, sliced

Instructions:

Use a food processor or blender to combine yogurt, cream cheese and honey. Process until smooth. Put apple and pear slices in bowl and cover with mixture from processor. Makes 2 (1/2 cup) servings.

You can find this and other recipes in the MTOI Ladies Ministry 2nd Edition Cookbook which gives recipes for each of the feasts. By following this [link](#) you can order your own copy of this fantastic cookbook with a collection of recipes from MTOI participants.