



Ezekiel Bread

Bible verse:

Ezekiel 4:9

“Take **wheat, barley, beans, lentils, millet, and spelt**, put them into one container, and make bread from it.”

Ezekiel Bread Recipe

Ingredients

- 2 cups whole wheat flour
- 1/2 cup barley flour
- 1/4 cup cooked lentils
- 1/4 cup cooked beans
- 2 tablespoons millet
- 1 tablespoon ground flaxseed or spelt flour
- 1 teaspoon salt

- 1 tablespoon olive oil
- Water as needed

Directions

1. Mix the wheat flour, barley flour, lentils, beans, millet, and flaxseed in a bowl.
2. Add salt and olive oil.
3. Add enough water to make a dough.
4. Knead well.
5. Shape into a loaf or flat rounds.
6. Bake at **350°F** until lightly browned.