

## **“MANNA AS A PROTEIN SOURCE”**

**Led by: Mrs. Sherry Brod**

**Thursday, October 2 @ 3:40 pm**

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### **I. Barley-John 6:13**

**“Therefore they gathered *them* up, and filled twelve baskets with the fragments of the five barley loaves which were left over by those who had eaten.”**

- A. Healthful Benefits-lower cholesterol, blood pressure and more.**
- B. Tips for Preparation**
- C. Nutritional Benefits**
- D. As a Functional Food**
- E. Biblical Background Information**
- F. Jacob’s Lentil Barley Stew-Recipe preparation**

### **II. Beans, Lentils and Rice-Genesis 25:34**

**“And Jacob gave Esau bread and stew of lentils; then he ate and drank, arose, and went his way. Thus Esau despised *his* birthright.”**

- A. Health Benefits**
- B. Protein Source**

### **III. Spelt, Whole Grains-Ezekiel 4:9**

**“Also take for yourself wheat, barley, beans, lentils, millet, and spelt; put them into one vessel, and make bread of them for yourself. During the number of days that you lie on your side, three hundred and ninety days, you shall eat it.”**

- A. Biblically Based-one of the original 7 grains mentioned in the Bible.**
- B. Kernel is the Secret**
- C. Beneficial Nutritionally**
- D. Ezekiel Bread-taste test**
  - 1. Nutritional value**
  - 2. Substantial and Satisfying**

**IV. Olive Oil-Deuteronomy 8:8**

**“a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive oil and honey;”**

- A. Antioxidant**
- B. Prevents heart disease**

**V. Seeds and Soy-Genesis 1:29-“See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.”**

- A. Sesame Seeds**
- B. Peanuts**
- C. Soy**
  - 1. History-originated in China**
  - 2. Protein drops-Recipe preparation**

**VI. Natural sweeteners**

- A. Honey- “Eat honey, my son, for it is good; honey from the comb is sweet to your taste.” Psalms 24:13**
  - 1. Antioxidant**
  - 2. Antimicrobial**
- B. Raisins-I Samuel 30:12-“part of a cake of pressed figs and two cakes of raisins. He ate and was revived, for he had not eaten any food or drunk any water for three days and three nights”**
  - 1. Food elements-Vitamin B6, minerals etc...**
  - 2. Technique for making-dried in the sun**

**VI. The Manna we are eating today will enhance our health**

- A. Benefits of eating whole grains-cancer prevention and more...**
- B. Time invested in preparation enhances overall wellness**



If you're looking for a power-packed entrée or soup to spice up your life, look no further than the lowly lentil. Perhaps there was a reason why that lentil pottage was so tempting in the biblical story of Jacob and Esau. Esau knew that lentil soup would give him strength and put meat on his bones.

### **Jacobs Lentil Barley Stew**

Based on a recipe by J. Raymond

Thick enough to be called a stew, this hearty soup is easy to prepare and cooks in a single pot. Add more water or stock if you wish to have a thinner soup.

- 2 cup red lentils, rinsed
- 3 stalks celery, chopped
- 1 cup hulled barley –cover with 3 C of boiling water-cooked the day before -on the stove top or in a rice cooker for 1 hour.
- 1 tsp oregano
- 8 cups vegetable/chicken stock
- 1 tsp ground cumin
- 1 onion, chopped
- 1/2 tsp black pepper
- 2 garlic cloves minced or crushed (1 Tbs.)
- ¼ C. olive oil
- 1/8-1/4 tsp red pepper flakes(or cayenne pepper)
- 1-16 oz bag frozen sliced carrots
- 1/2 tsp salt (optional)
- 2-4 cups fresh spinach (optional)

Sauté onions, garlic and celery in olive oil until soft. Place all ingredients except salt into a large pot and bring to a simmer. Cover and cook, stirring occasionally, until the lentils and barley are tender, about 20-30 minutes. Add salt to taste and spinach, if desired. Cook briefly until spinach is wilted but still bright green.

### **Protein Drops**

½ C. peanut butter

1 C. honey

2 C unhulled sesame seeds

1 Tbs +1 tsp. cinnamon

2 tsp vanilla

1 C. raisins

4 C soy cereal

Combine peanut butter and honey in microwave dish/ or plastic bag. Mix or massage for 2-3 minutes until well mixed. Add soy cereal, sesame seeds, raisins, cinnamon, vanilla until well mixed. Scoop mixture, using a small cookie scoop onto small muffin papers.