

When G-D's people found it in the desert they asked;

# “Man’hu?”

or “what is it?” Although we cannot taste it for ourselves, Torah describes it as looking like coriander seed,



and tasting like a cake or wafer of honey. Like all of G-Ds plans for our life it was sweet and sustaining, created for our good. What does it taste like to follow G-D and His plan for our life? Tehillim 34:9 urges us to; “<sup>9</sup>Taste and see how good Adonai is. Blessed is the one who takes refuge in Him.”

## SOFT HONEY COOKIES

### INGREDIENTS

2/3 cup vegetable oil  
1 cup sugar (don't use less)  
1 egg  
1/4 cup honey  
2 tsp baking soda  
1/2 tsp salt  
1 tsp vanilla extract  
2 cups all-purpose flour (or half AP and half white whole wheat)  
Sparkly turbinado sugar for rolling

### INSTRUCTIONS

Preheat oven to 375 degrees F. In a mixing bowl, stir together oil, sugar, eggs, honey, baking soda, salt and vanilla. Mix well, then stir in the flour, stirring just until it is mixed in. Shape the cookies into balls about  $\frac{3}{4}$  to 1 inch in diameter and roll them in sparkly sugar. Place 2  $\frac{1}{2}$  inches apart on ungreased or parchment lined cookie sheets and bake for 10-12 minutes. They should be nicely browned around the edges, crackly and golden.

Yeshua taught us in John 31-35:

<sup>31</sup>Our fathers ate the manna in the wilderness; as it is written, ‘Out of heaven He gave them bread to eat.’”  
<sup>32</sup>Yeshua answered them, “Amen, amen I tell you, it isn’t Moses who has given you bread from heaven, but My Father gives you the true bread from heaven. <sup>33</sup>For the bread of God is the One coming down from heaven and giving life to the world.” <sup>34</sup>So they said to Him, “Sir, give us this bread from now on!” <sup>35</sup>Yeshua said to them, “I am the bread of life. Whoever comes to Me will never be hungry, and whoever believes in Me will never be thirsty.”

Such great promises, and great reasons to trust HIM who does all HE says HE will do!

