

Bread... From Soda Pop?

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Supplies:

Recipe Instructions

Liquid Measuring Cup

Mixing Bowls

Mixing Spoons

Mini Loaf Pans

Nonstick Cooking Spray

Oven

Potholder

Knife

Napkins or small plates

Prepare:

Gather the ingredients

Ingredients: (makes 4 loaves)

6 cups regular wheat flour

2 tablespoons instant yeast

12-ounce cans of warm (that is, not chilled) soda pop (any flavor, like grape, orange, lemon-lime, etc)

With Your Family:

Preheat the oven to 375 degrees and grease the loaf pans with nonstick spray if necessary.

Ask: Have you ever made bread? What ingredients did you use? (In no one mentions yeast, give them a hint.)

Say: We are going to make bread. First we are going to add the yeast to the flour and stir. Now we will add some soda pop to the flour and yeast! That is the next ingredient in bread, right? We need some liquids in the bread, what do you suggest?

Water would usually be the answer. Which one do you think we should try? (*If possible, stop at this point and suggest making 2 batches – one with 12 ounces of water and one with soda pop – or you can cut the recipe in half and use 3 cups of flour, 1 tablespoon of yeast and 6 ounces of liquid.*) Let's try both and see which one works better.

Add warm soda pop to one batch and water to the other and stir. (You do not need to knead the dough.) Divide each batch into two small loaf pans.

If you have time to let the dough rise (15 minutes), cover it with a cloth and put it in a warm place.

Bake at 365 degrees for 15 to 20 minutes.

While the bread is baking, talk about the story (John 5:2-9)

Say: The man who was lame thought the water in the pool was the answer to his problem, and that made sense. Others had received healing from the pool. The real answer he needed was Jesus. He had never met Jesus and did not know who he was; he did not know about the healing Jesus could bring. Jesus was the unexpected answer to his prayer.

When we began to bake our bread, many of you thought water was the ingredient we should use, but there was a surprising answer... soda pop! When we taste our bread, you can decide which one you like better.

After tasting the bread, say this prayer together:

“For hope and surprises, God we praise you!

For your deep compassion, God we praise you!

For love unending, God we praise you!

Amen.”