# Get the Leaven Out

During the Feast of Unleavened Bread, Yahweh commands that no leavening be eaten or found on our premises: Exodus 12:1920. Leavening is a substance used in doughs and batters that causes them to rise. Below are leavening agents found in a variety of foods that must be used up or removed by the Feast of Unleavened Bread.

|  |  |  |
| --- | --- | --- |
| * yeast * baker’s yeast * active dried yeast * baking powder * baking soda * cream of tartar (potassium bitartrate) * sourdough * sourdough starter * ammonium carbonate | * ammonium bicarbonate * Potassium carbonate * Potassium bicarbonate * Dipotassium carbonate   ***Don’t overlook these***   * Beer/wine/alcohol * Preparation H (has yeast) * Cat and dog foods with yeast * Toothpastes with baking soda | **Not Leavening**  Puffed cereals  Brewer’s yeast Yeast extract  autolyzed yeast extract  soda pop egg whites alum  sodium caseinate |