# 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.

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| * 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 cerealsBrewer’s yeast Yeast extractautolyzed yeast extract soda pop egg whites alumsodium caseinate |