



Did people have ice cream in Bible Times?



No, ice cream was invented only about 200 years ago. But the Israelites had lots of good food to eat. Before God brought the Israelites out of slavery in Egypt, he promised Moses that he would give them “a land flowing with milk and honey” (Exodus 3:8), and that’s exactly what they got. Their land was very fertile, with rich soil for growing crops and grazing animals. The Hebrews had all kinds of delicious foods—figs, dates, honey, grapes, raisins, venison, bread, rice, lamb, milk, cheese, all kinds of vegetables and other foods. They made cakes out of barley, raisins, and figs. Often they would flavor their food with salt and spices too, just as we do today. The Hebrews didn’t have supermarkets, microwaves, or refrigerators, but they had plenty of healthy delicious food.



This was their report to Moses: “We arrived in the land you sent us to see, and it is indeed a magnificent country - a land flowing with milk and honey. Here is some of its fruit as proof.”

Numbers 13:27

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