

COMMUNION BREAD RECIPE

Yield: Four 8 oz. loaves; each loaf serves approximately 40 people (depending upon the size of the piece).

1. Sift dry ingredients three times:
 - 2 C. whole wheat flour
 - 1 C. white flour
 - 1/4 tsp. baking powder
 - 1/4 tsp. salt
2. Cut in 4 tsp. oil
3. Mix water and sweeteners together; add to dry ingredients and mix well, but don't over-mix:
 - 3/4 C + 2 Tbsp. very hot water
 - 3 Tbsp. honey
 - 3 Tbsp. molasses (mild flavored molasses works best)
4. Dough should be a bit sticky
5. Divide and roll into a 1/4 inch thick circle
6. Mark with a cross
7. Bake at 350 degrees for 10 minutes
8. Remove and brush lightly with oil
9. Bake an additional 5-8 minutes
10. Cool