

COMMUNION BREAD

(Yield: 4-8oz. loaves. Each loaf serves approximately 40 people depending on the size of the piece.)

Sift dry ingredients 3 times

2 c. whole wheat flour
1 c. white flour
1 1/4 tsp. Baking powder
1 1/4 tsp. Salt

Cut in 4 tsp. Oil

Mix water and sweeteners together:

3/4 cup + 2 Tbsp. Very hot water
3 Tbsp honey
3 Tbsp Molasses

Add to dry ingredients and mix well. Dough should be a bit sticky.

Divide and roll 1/4" thick circle

Mark with a cross

Bake at 350 degrees for 10 minutes

Remove and brush with oil, bake an additional 5-8 minutes, remove and cool.

Note: a bread machine is used to mix the dough – if mixing by hand, mix well

