

Communion Bread Recipe

One recipe makes 4 rounds, and should serve approximately 200.

Ingredients

1 ½ cups whole wheat flour
½ cup white flour
¼ tsp. salt
¾ tsp. baking soda
2 tsp. oil
¾ cup cold water
3 tbs. honey

Directions

1. Mix dry ingredients together in a bowl.
2. Add oil and blend well.
3. Add water and honey and mix well.
4. Knead for about two minutes on a floured surface.
5. Divide dough into four equal pieces. Work each piece into a flat round, about 6 inches in diameter. Dough should be thin so that baked bread won't be too puffy. An easy way to do this is to place the dough on the baking sheet, cover with plastic wrap, and flatten with the bottom of a glass into a round. Or you can work it with your hands, or roll it on a floured surface.
6. Before baking, mark each round with a cross (centered, equal length on all sides). Use a sharp knife to score the dough.
7. Bake for 10 to 12 minutes at 350 degrees on an ungreased baking sheet.
8. After baking, let cool slightly before removing. Then cool on a rack.

