

COMMUNION BREAD

Single Batch Recipe

2 cups	whole wheat flour
1 cup	white flour
1 ¼ tsp.	baking powder
1 ¼ tsp.	salt
1 Tbl. plus 1 tsp.	oil
1 cup plus 2 Tbl.	warm water
3 Tbl.	honey
3 Tbl.	molasses

Directions:

Use a handled sieve/sifter over the top of a large bowl and measure 2 cups of *whole wheat flour* and put it in the sifter. Measure both the *baking powder* and *salt* and put them on top of the whole wheat flour. Last, add 1 cup of *white flour*. Sift the four ingredients into the bowl and stir.

Measure the *oil* and pour over the flour mixture in the bowl. Stir together (can use gloved hands to mix).

Put 1 cup of *water* in a separate bowl. Measure the *honey* and *molasses* and add to the water. Mix with a spoon.

Pour the liquid ingredients over the dry ingredients and mix with a spoon or your gloved hands. Mix well. If the dough is sticky, add just a little more flour. Turn dough into a jellyroll pan that has been sprayed with cooking spray. Dust the dough with a little flour and roll the dough with a pizza (or pastry) roller into a rectangular shape, trying to keep the thickness uniform. Poke the dough with a fork every few inches to keep the dough flat.

There is no kneading or resting this dough – you mix it and bake it!

Bake at 325 degrees for 8 minutes. Remove pan from the oven and brush with oil. Bake an additional 5 minutes.

Remove from the oven. Cut the bread into three pieces. Using two pancake turners, lift each of the three pieces onto the counter to cool. Cover with a towel to keep the bread moist. Once cool, cut into individual pieces. A pizza cutter works the best.

In addition: You may make a host piece (about the size of a medium cookie), to use when reciting the words of institution, and mark with a cross using a table knife. (When taken from the oven, the round host pieces may have lost the indentation of the cross – just use the knife again to re-mark the cross, but not too deep!)

Bread may be placed in an airtight container and stored in the refrigerator or freezer.

