

Communion Bread “Taste and See that the Lord is Good”

Sift dry ingredients together three times: (important!)

2 c whole wheat flour

1 c white flour

1 & 1/4 tsp baking powder

1 & 1/4 tsp salt

Stir in 4 tsp oil. Set aside.

Mix wet ingredients together until dissolved:

3/4 cup + 2 Tbsp very hot water (minimum of 180 degrees F)

3 Tbsp honey

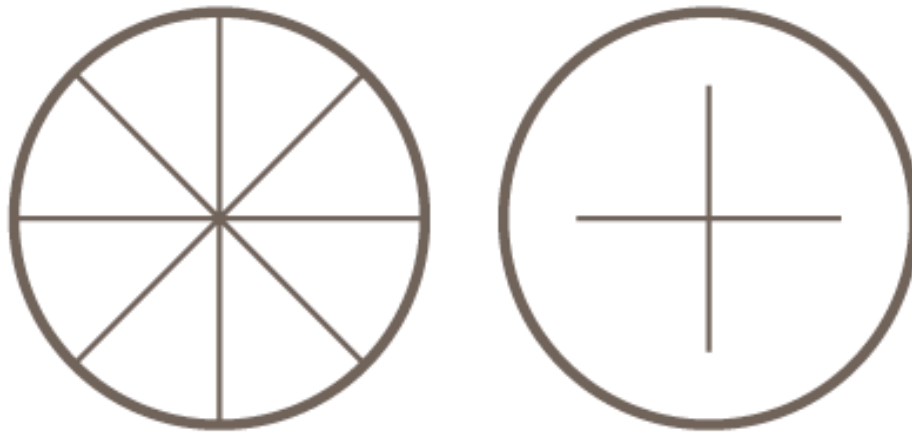
3 Tbsp molasses

Add wet ingredients to dry ingredients and mix well. Dough should be slightly sticky. Do not knead.

Divide into four balls and flatten each into a 1/4 inch thick disk.

With a knife, score the top of each loaf into eight pie-shaped sections, so that the sections can be more easily broken off while serving.

Alternatively, you could score a cross onto the loaf.



Lay the loaves on a baking sheet.

Bake at 350 degrees for 10 minutes.

Remove from oven and brush the tops of the loaves with oil.

Bake an additional 5-8 minutes. Let cool.

Yield: four 8 oz. loaves. Each loaf serves 60-70 people, depending upon the size of the piece given.

The loaves freeze well.