

Communion Bread Recipe

Ingredients:

Dry Ingredients

2 cups whole wheat flour
1 cup white flour
1 1/4 tsp baking powder
1 1/4 tsp salt

Wet Ingredients:

1 1/3 Tbsp vegetable oil
3/4 cup + 2 Tbsp water, very hot
3 Tbsp honey
3 Tbsp molasses

Directions:

Sift dry ingredients together three times.

Stir in 4 tsp oil, set aside.

Mix wet ingredients together until dissolved.

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 into a series of lines such that there are a number of 1 square inch pieces.

This will allow for the pieces to be more easily broken off while serving.

Lay the loaves on a baking sheet. Bake at 350 ° for 10 minutes.

Remove from oven and brush the tops

of the loaves with oil. Bake an additional 5-8 minutes. Let cool.

Yields 4 8 oz. loaves. The loaves freeze well.

Source: Luther Seminary