

Communion Bread Recipe

Ingredients:

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| 3 $\frac{3}{4}$ cups whole wheat flour | 1 $\frac{3}{4}$ cups water |
| 1 $\frac{1}{4}$ cups flour | $\frac{1}{2}$ cup honey |
| 2 tsp salt | |
| 1 $\frac{1}{2}$ tsp baking powder | |
| 2 TBSP oil | |



Preheat oven to 375 degrees. Mix dry ingredients together in a bowl. Blend oil into dry ingredients. Combine the honey and the water in a separate bowl. Add the honey & water mixture to the dry ingredients. Mix until well combined and all the flour is incorporated into the dough. Divide dough into 5 to 6 balls. Roll each ball into 7- or 8-inch flat circle. Place on greased cookie sheets. Lightly score each loaf with a large cross, and small cross in each of the four sections:

Bake bread for 15 to 20 minutes.

