

COMMUNION BREAD RECIPE

From Luther Seminary

Ingredients

- 2 c whole wheat flour
- 1 c white flour
- 1 & 1/4 tsp baking powder
- 1 & 1/4 tsp salt
- 4 teaspoons oil
- 3/4 cup + 2 Tbsp very hot water (minimum of 180 degrees F)
- 3 Tbsp honey
- 3 Tbsp molasses



Directions

1. Sift dry ingredients together **three times**: (important!)
2. Stir in 4 tsp oil. Set aside.
3. Mix wet ingredients together until dissolved
4. Add wet ingredients to dry ingredients and mix well. Dough should be slightly sticky. Do not knead.
5. Divide into four balls and flatten each into a 1/4-inch-thick disk.
6. 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.
7. 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.

