

Communion Bread

1 ½ cups whole wheat flour

½ cup white flour

¼ teaspoon salt

¾ teaspoon baking soda

2 Heaping Teaspoons oil

¾ cup cold water

3 Tablespoons honey OR molasses [I use honey]

MIX

Whole wheat flour + white flour + salt + baking soda

ADD

Water + oil + honey or molasses

MIX

KNEAD 1 ½ to 2 minutes

ROLL out ¼ inch thick, CUT into 4 – 5 inch rounds

Make a + with a knife on top of each round

Bake 10 – 12 minutes at 350 degrees on ungreased cookie sheet

Freezes nicely. Is VERY easy to make, as it takes only about 45 minutes from start to finish.

Ideal for communion distribution as it breaks easily and does not crumb.

NOTE: This recipe is courtesy of Jay Rochelle (as printed in the **Altar Guild and Sacristy Handbook**).