

Communion Bread Recipe

Mix until dissolved:

- 1 Cup Very Hot Water**
- ½ Cup Honey**
- ½ Cup Molasses**
- Set aside to cool.**

Sift Together:

- 3 Cups Whole Wheat Flour**
- 2 Cups All Purpose White Flour**
- 1 tsp Baking Powder**
- ½ tsp Baking Soda**
- ½ tsp Salt**

Stir In:

- ¼ Cup Oil**

Add wet ingredients to dry and mix well. Dough will be sticky. If too sticky, use a little oil or flour on your hands. Do not knead.

Divide into three balls for three Sunday services: One small, one medium, and one large. Flatten to ¼ inch or so. Lay on baking sheet. With a knife, score top of each loaf with a cross.

Bake at 325° for 10 minutes. Remove from oven. Brush or spray tops with oil. Bake an additional 8 to 10 minutes. Let cool. The loaves freeze well.

Baker Tips:

- Bake on parchment paper.
- Cover divide dough with waxed paper and use a rolling pin for a flat smooth loaf.