

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 ¼ tsp. baking powder

½ tsp. baking soda

½ tsp. salt

Stir ¼ cup oil in to dry ingredients:

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 in to three balls for the three Sunday Services.

8:00 a.m. service: 6 inches

6:00 p.m. service: 6 inches

10:00 a.m. service: 10 inches

Roll out each ball so that it is about ¼ inch or so. Lay on baking sheet. With a knife, score top of each loaf with a cross.

Bake at 325 degrees for 10 minutes. Remove from oven and brush or spray tops with oil. Bake an additional 8 to 10 minutes. Let cool completely then wrap or place in Ziploc bags. The loaves freeze well.

The bread should be delivered to St. Andrew's either Saturday morning between 9:30 – 10:30 a.m. or Sunday by 7:30 a.m.