

COMMUNION BREAD (Yields 8 loaves)

Ingredients:

3 3/4 cups whole wheat flour	2 Tablespoons vegetable oil
1 1/4 cups white flour	1/2 cup honey
1/2 teaspoon salt	1 3/4 cups warm water
2 teaspoons baking powder	Pam cooking spray

Directions:

1. Preheat oven to 325 degrees F. In a large mixing bowl, combine the dry ingredients and cut in the oil by pressing it into the flour mixture with your hands.
2. Dissolve the honey in the warm water and stir the honey mixture into the flour mixture. With your hands, work the mass gently into a soft dough but do not overwork (do not knead). If the dough is too sticky to handle, add a little more white flour to get the proper consistency, which is a soft, not sticky, workable dough.
3. Divide the dough into 8 equal-sized balls.
**Helpful hint: the best way to divide the dough is to cut the original mass into four pieces. Then cut each of the four into halves.*
4. Dust your hands with white flour. On a Pam-sprayed cookie sheet, flatten two dough balls into two 7-inch diameter pancakes.
**Helpful hint: you may have a little trouble getting them this large. Just try to get them uniformly round and about 1/4 inch thick.*
5. Spray the top of the cakes lightly with Pam. Bake for 8 minutes. Do not over-bake. If doughy, bake a little longer (the bread will firm up somewhat when it cools).
6. Remove the baked cakes immediately to cooling racks. They will cool rapidly, but allow bread to cool fully before bagging.
7. The baked bread may be frozen. 8 loaves fit perfectly into a one-gallon plastic freezer bag.
**Helpful hint: It helps if you insert wax paper between the cakes so they can be easily separated when frozen.*

This recipe should last your family for several weeks of house/online worship. We pray that you and your family are equipped to celebrate Christ's presence at your table in the Sacrament of Holy Communion.

Blessings!