

## COMMUNION BREAD RECIPE From Luther Seminary

Sift dry ingredients together three times: (important!)

2 cups whole wheat flour

1 cup white flour

1 & 1/4 teaspoons baking powder

1 & 1/4 teaspoons salt

Stir in 4 teaspoons oil. Set aside.

Mix wet ingredients together until dissolved:

3/4 cup + 2 tablespoons very hot water (minimum of 180 degrees F)

3 tablespoons honey

3 tablespoons molasses

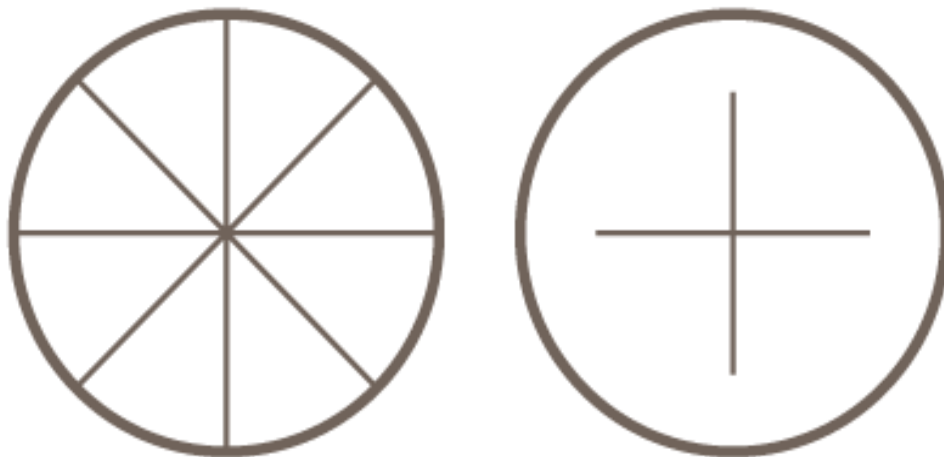
Add wet ingredients to dry ingredients and mix well. Dough should be slightly sticky. Do not knead.

**Divide into four balls and roll out each into a 1/4 inch thick disk — about 7 inches in diameter. (They need to fit on the communion plate and be thin enough to tear off pieces easily.)**

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, or score a cross onto the loaf. (Diagram on back)

**PLEASE NOTE:**

- 1. Please watch your salt measurements! Sometimes the teaspoons and tablespoons have been mixed up and the bread turns out very salty.**
- 2. Please make them look “pretty.” The loaves need to be in a flat and round shape.**



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.

**THANK YOU!**