

## COMMUNION BREAD RECIPE

1 ½ cup whole wheat flour  
½ cup white flour  
¼ teaspoon salt  
¾ teaspoon baking soda  
2 heaping teaspoons oil  
¾ cup cold water  
3 tablespoons molasses or honey

1. Mix dry ingredients
2. Add oil and blend well
3. Add water and honey/molasses and mix
4. Knead about two minutes
5. Roll out to ¼ inch thick.
6. Cut into 6-7 inch rounds (it will make three or four flat loaves)
7. Bake 10-12 minutes at 350 degrees on an ungreased cookie sheet.

Serves approximately 150 people.