

Communion Bread – Christ Lutheran Church

Makes 6 loaves

3 cups whole wheat flour

1 cup white (all purpose) flour

1/2 teaspoon salt

1-1/2 teaspoon baking soda

4 teaspoons vegetable oil

1-1/2 cup cold water

6 tablespoons molasses or honey (combination of the two works well)

Combine all the dry ingredients in a bowl and mix well.

Mix vegetable oil, cold water, and honey/molasses combination together, then add to dry ingredients and mix well.

Knead about 2 minutes on a lightly floured surface. Divide into six equal parts.

Roll each part out into 6" to 7" circles.

Flatten as needed. Press a knife in the center of each loaf to make the mark of the cross.

Bake 10-12 minutes at 350°F on an ungreased baking sheet.