

### **\*Communion Bread Recipe \***

Sift together 1 cup of whole wheat flour, 1 cup white flour, 1 teaspoon baking soda, 1 teaspoon salt

Add 1 cup water, 1/3 cup honey, 3 tablespoons cooking oil (add a little more, if needed)

Mix until all ingredients are moistened; kneed until smooth.

On a lightly floured board, roll out dough to 1/4 inch thickness.

Cut into 5 inch circles (the size of a 2 pound coffee can) and score a cross + deeply, but not through.

Bake on cookie sheet for 10 - 12 minutes at 350°.

Brush with oil after baking. Cool 5 minutes.

Place warm bread in a plastic bag and close securely.

When completely cool, the bread may be frozen.

Allow 4-6 hours thawing time at room temperature before using.