

# Communion Bread Recipe - From Luther Seminary to your table

Sift dry ingredients together **three times**: (important!)

*2 c whole wheat flour*

*1 c white flour*

*1 & 1/4 tsp baking powder*

*1 & 1/4 tsp salt*

Stir in 4 tsp oil. Set aside.

Mix wet ingredients together until dissolved:

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

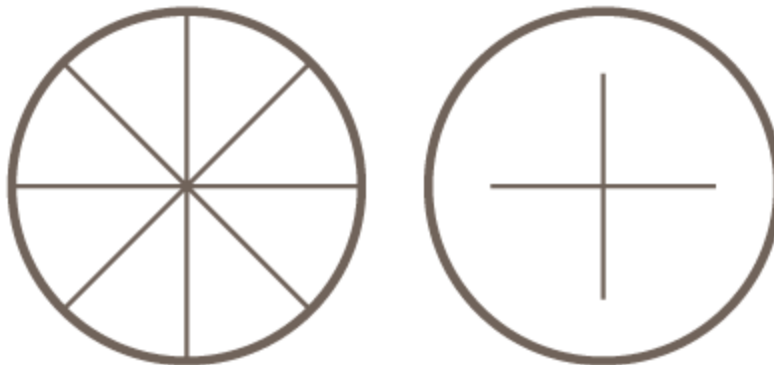
*3 Tbsp honey*

*3 Tbsp molasses*

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

Divide into four balls and flatten each into a 1/4 inch thick disk.

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. Alternatively, you could score a cross onto the loaf.



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.