

St. Gregory Communion Bread

Mix:

7/8 c. lukewarm water
3 T. honey
1 1/2 T. olive oil

Add:

1 1/2 t. salt

Add and mix until yeast is dissolved:

1 pkg dry yeast

Add and mix with hands:

1 c. unbleached all-purpose flour
1 2/3 c. whole wheat flour

Knead for 5 minutes; let rise until double, punch down; divide in half or in thirds; roll out in a circle 1/4" thick. Place on greased sheet, let rise, bake at 350 degrees for 15-20 minutes.