

Communion Bread Recipe

Grace & Glory Communion Bread Recipe
(served at the Indianapolis Gathering - August, 2001)

Dry Ingredients:

Combine all dry ingredients and sift 3 times.

- ☐ 2 1/2 cups Whole Wheat flour
- ☐ 2 1/2 Cups White All Purpose flour
- ☐ 1 Tablespoon Baking Powder
- ☐ 2 Teaspoons Salt

Wet Ingredients:

In another bowl, combine well wet Ingredients:

- ☐ 2 Tablespoons olive oil
- ☐ 3 Tablespoons honey
- ☐ 3 Tablespoons Mild Molasses
- ☐ 2 Cups hot tap water

Mix together wet and dry ingredients stirring to moisten, turn out onto floured board.
Knead 3-4 times to form dough.

Tip: If dough sticks, lightly oil your hands

Pinch off a piece about the size of a tennis ball. Pat and roll to a thickness of 1/4 to 1/2 inches.

Using a #7 Rubbermaid Bowl, cut a 4 inch circle In the dough. Take off the excess around the circle and save separately.

Using a #0 Rubbermaid Bowl, lightly press a 2" scored circle in the center.

Using a dull table knife, lightly Score 4 times across the diameter.
(Blue lines on diagram)

Score the outer rim of the circle once again in each outer section. This will give you 24 pieces (red lines an diagram)

Carefully transfer to a greased cookie sheet. Bake in a 375° oven for 15-17 minutes,
Remove and lightly paint with oil.

Return to oven for another 8-10 minutes. Do not over bake. Cool on wire rack.

Loaves freeze well for up to 3-4 weeks in Zip Lock bags. Yield is 11-12 loaves, 24 pieces/

loaf max. 288 pieces.

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