

Communion Bread Recipe – NO Yeast needed!

1 cup of whole wheat flour
1 cup all-purpose flour
1 teaspoon baking powder
1/8 Cup vegetable oil
1/4 Cup water
1/4 Cup honey
1/4 Milk



Heat the water and honey until the latter is dissolved. Then add other liquids. Sift dry ingredients together and then mix into liquids.

Knead and roll out dough to 1/4 inch and cut into 5'' rounds. Mark each round with a cross and bake for about 10 minutes at 375°.

Makes about 6 loaves 5'' wide.

Tip: Bake some of the scraps along with the rounds as the bread will not LOOK done and needs to be tested.