

COMMUNION BREAD

2 cups whole wheat flour
1 cup white flour
1 ¼ teaspoons baking powder
1 ¼ teaspoons salt
1 tablespoon and 1 teaspoon oil
¾ cup and 2 tablespoons very hot water
3 tablespoons honey
3 tablespoons molasses

Preheat oven to 350°.
Sift flour, baking powder, and salt together 3 times.
Cut oil into flour mixture.
Set aside.

Combine hot water, honey and molasses.
Mix well.

Combine flour mixture and sweetener mixture. Dough should be a bit sticky.

Divide into 4 to 6 equal parts and roll each into ½ inch thick circles.
Using a knife, mark each circle with a cross.

Bake on ungreased cookie sheet at 350° for 10 minutes.
Remove and brush with oil.
Bake an additional 5-8 minutes.
Cool.