



# Communion Bread Recipe

JOY LUTHERAN CHURCH - CENTURIA, WI

- Preheat oven to 350 degrees.
- Mix wet ingredients together until dissolved:
  - 1 cup very hot water (minimum of 180 degrees F)
  - Approximately 3 TB honey
  - Approximately 3 TB molasses
- Set aside and allow to cool slightly as you sift together dry ingredients.
- Sift the following 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
- Next, stir 4 Tbsp oil into dry ingredients.
- Add wet ingredients to dry ingredients little by little and mix well.
- Mix by hand (not with a mixer).
- Dough should be slightly sticky.
- Do not knead.
- Divide into four balls and flatten each into a 1/4 inch thick disk using hands.



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- Lay the loaves on a baking sheet, 2 per sheet.
- Using stoneware and no parchment OR metal cookie sheet lined with parchment.
- 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.
- Bake one sheet (2 loaves) at a time.
- Bake at 350 degrees for 10 minutes on top rack.
- Remove from oven and lightly brush the tops of the loaves with oil.
- Bake an additional 5-8 minutes.
- Let cool 1.5 hours.

Yield: four 8 oz. loaves.

Each loaf serves 50 – 60 people, depending upon the size of piece given.

Hints: Make sure all the wet stuff is dissolved before adding to the dry ingredients.

Lessons I've learned: do not brush tops with too much oil.

Err on the side of generosity and add more of when the recipe says: "approximately 3 Tablespoons" of the honey and molasses for flavor.