

Communion Bread Recipe

Holy Trinity Lutheran Church

Ingredients

- 4 cups whole wheat flour
- 4 tsp. baking powder

- 1 cup honey
- ½ cup milk
- ½ cup cold water
- ¼ cup canola or vegetable oil
- ¼ tsp. salt

Method

Preheat oven to 400° F. Spray baking sheet with cooking spray or use silicone baking pad.

Sift together dry ingredients in a large bowl and set aside.

Combine honey, milk, water, oil, and salt and mix well.

Add wet ingredients to the flour mixture and mix until combined. Be careful to not overmix. Dough will be quite wet and sticky.

Turn dough out onto a floured work surface and knead briefly until less sticky. Roll out dough ball until it is about ½ inch thick. Cut dough into 6-8" rounds (recombining and re-rolling scraps as needed), score top of each with a cross, and bake in batches for about 7-8 minutes. Bread may appear undercooked. Remove from sheet immediately and place on wire rack to cool.

Alternate Methods

Josh Judd-Herzfeldt

In addition to flour and baking powder, sift in about 4 tsp of vital wheat gluten.

Ken Duckmann

Replace 2 cups wheat flour with 2 cups of bread flour.