

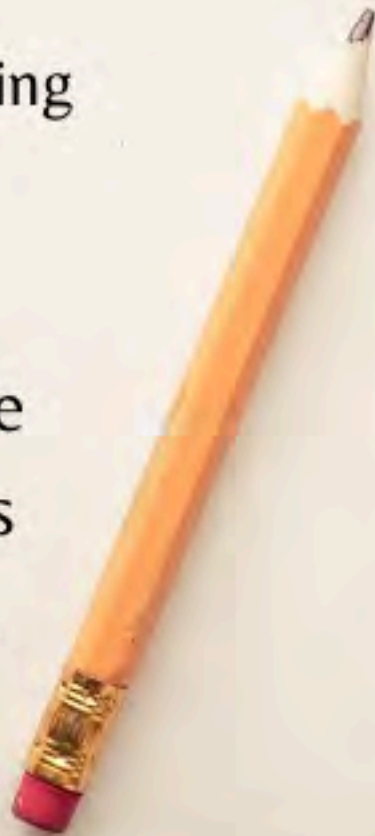
# Communion Bread

Preheat oven to 350

## Ingredients:

- 1 1/4 cups of whole wheat flour
- 1/4 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 Tablespoons shortening
- 2 Tablespoons honey
- 5/8 cup of water

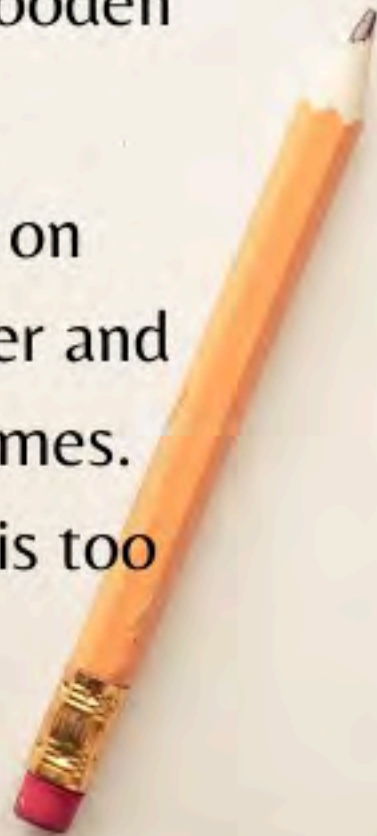
Measure and mix the first four ingredients together in a bowl.



# Communion Bread

Add the last 3 ingredients and mix using the dough hook attachment for your stand mixer or mix by hand with a wooden spoon.

Place dough on parchment paper and knead 10-20 times. Add flour if it is too sticky.



# Communion Bread

Divide dough into 4  
equal size balls.

Flatten into 1/4 inch  
thick circles on the  
parchment paper.

Use a knife to score a  
cross into each piece.

Bake for 8-10  
minutes. Can be  
stored in refrigerator  
or freezer after  
cooled.

