

St. Paul Lutheran Communion Bread Recipe

Whole Wheat Communion Bread

2 1/2 cups whole wheat flour

1/4 cup sugar

1 t. salt

1 t. baking powder

1 Tablespoon oil

3/4 cup water (approximately)

1/4 cup honey (approximately)

Preheat oven to 350 degrees. Mix dry ingredients. Stir honey and water together then add flour. Dough will be sticky. Divide dough into two equal parts. Sprinkle lightly with flour. Roll or shape into loaf about 1/4" thick. Cut cross with knife in top. Bake for about 12-15 minutes on greased and floured sheet. Dab with oil when done and cool. Do not over bake. Can be frozen. (Recipe can be doubled.)