

HOLY COMMUNION BREAD RECIPE

(makes three 25cm loaves)

Ingredients

4 cups (452grams) whole wheat flour

3 teaspoons (15grams) double-acting baking powder [6 tsp [30g] if using "single-acting"]

2 (10 grams) teaspoons salt

Honeyed water:

1/4 cup (57g) oil (any kind for cooking)

1/4 cup (84g) honey

1/2 cup (123g) milk

3/4 cup (148g) warm water

(Note that one can vary the amount of honey and oil)



Instructions

Mix the dry ingredients together into a bowl. Pour in the honeyed water and then stir.

Turn the dough out onto a lightly floured surface and knead it gently and thoroughly so baking powder is all mixed in. Then divide the dough into 3 parts. Roll out the dough to desired thickness ($3/16$ " [1/2cm] works well) size and shape.

Before putting in the oven, cut a cross into the surface of the dough using a serrated knife. You may use the flat side of a knife to smooth the outer edge of the loaf by patting it. Place breads on a lightly greased pan and put into a 400-degree F (200-degree Celsius) oven for 15-20 minutes.

Let the bread cool for about an hour. Then wrap individual pieces in plastic wrap and place in a plastic bag. Freeze extra loaves if desired.