## Communion Bread Recipe

### **From Luther Seminary to your table**

*(This recipe is yields 4 loaves. The bread freezes well.)*

Sift 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*

 Stir in 4 tsp oil. Set aside.

 Mix wet ingredients together until dissolved:

*3/4 cup + 2 Tbsp very hot water (minimum of 180 degrees F)*
*3 Tbsp honey*
*3 Tbsp molasses*

Add wet ingredients to dry ingredients and mix well. Dough should be slightly sticky. Do not knead.

Divide into four balls and flatten each into a 1/4 inch thick disk.

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.



Lay the loaves on a baking sheet. Bake at 350 degrees for 10 minutes. Remove from oven and brush the tops of the loaves with oil. Bake an additional 5-8 minutes. Let cool.