

COMMUNION BREAD

3 CUPS WHITE FLOUR

1/4 CUP BROWN SUGAR

1 1/2 TSP SALT

1 TSP BAKING SODA

1 TSP BAKING POWDER

1 1/2 TSP CINNAMON

2 TBSP HONEY

1/4 CUP SHORTENING

1 CUP WATER

- Mix the dry ingredients together. Add the next three ingredients, one at a time, mixing after each addition.
- Knead the dough on a floured surface for 10 minutes.
- Divide the dough into six balls. Roll the dough in all directions to make a round loaf 6 inches in diameter and 1/4 to 1/8 inch thick (see diagram below). This size and thickness are very important; the size allows for a perfect fit on the communion plates, and the thickness assures that the bread is fully baked without being browned.
- Score the loaf across both ways so that it may be broken into four pieces at the altar.
- Bake on an ungreased cookie sheet for about 10 minutes at 350 degrees. DO NOT OVERBAKE! Edges should not even be brown so that the bread will be soft, pliable and easily broken.
- Cool completely. Wrap tightly in plastic wrap or air tight bags. Store in your refrigerator for up to two weeks or your freezer for one month.

