

COMMUNION BREAD RECIPE

You can use a KitchenAid to mix the dough, or you can use a large bowl.

In a large bowl combine: 3 Cups White Flour, 2 Cups Whole Wheat Flour, 2 pkgs. of dry yeast, or 4.5 tsp of dry yeast and 1 tsp salt.

Slowly add 1-3/4 Cups warm water. Add 2 Tbl. Olive Oil, 3 Tbl. Honey and 3 Tbl Molasses

Mix until dough is sticky. Add up to an additional Cup of White flour, if the dough is still sticky, until the dough leaves the side of the bowl.

Knead for 5 minutes. I knead with KitchenAid dough hook for 5 minutes

Place dough in a bowl that has been oiled with a little Olive oil.

Cover and let rise for 1 1/2 hours, or until doubled. Divide into 4-6 balls, shape place on lightly greased cookie sheet and bake 10-15 mins until golden brown and hollow sounding.

Preheat oven to 350 degrees.

*I do not make it as flat as the photo shows, but I do cut a cross on top and be sure that when forming into shape that if a flattened ball is formed, edges are gathered on bottom of ball.

