

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.

