

Communion Bread

Yield: 4 rounds*

1½ cups flour
½ cup whole wheat flour
¾ tsp baking soda
½ tsp salt
3 tbsp shortening
3 tbsp honey**
¾ cup water

Mix dry ingredients. Cut in shortening. Add honey, then water. Mix by hand. Turn onto a floured surface and knead for a bit. Divide and shape into 4 balls*. Roll or press to ¼ inch even thickness. Use knife to mark each loaf with a cross (+). Bake at 350° F for 10 minutes on a cookie sheet.

From *Leading Worship Matters: A Sourcebook for Preparing Worship Leaders*.
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Notes:

* This is designed to make large loaves for corporate worship. This can be subdivided using a cookie cutter or biscuit cutter to make small loaves, for households in times of pandemic or visitations in normal times.

** We double or triple the amount of honey.