

## Communion Bread – Christ Lutheran Church

*Makes 4 loaves*

2 cups whole wheat flour

3/4 cup white flour

1/4 teaspoon salt

1 teaspoon baking soda

3 teaspoons vegetable oil

1 cup cold water

4 tablespoons molasses or honey (combination of the two works well)

Combine all the dry ingredients in a bowl and mix well.

Mix vegetable oil, cold water, and honey/molasses combination together, then add to dry ingredients and mix well.

Knead about 1 minute on a lightly floured surface. Divide into four equal parts.

Roll each part out into 6" circles.

Flatten as needed. Press a knife in the center of each loaf to make the mark of the cross.

Bake 10-12 minutes at 350°F on an ungreased baking sheet.