**Communion Bread Recipes**

# Luther Seminary Communion Bread

Yield: 4-8oz. Loaves:

Each loaf serves approximately 40 people (depending on the size of the piece)

## Sift dry ingredients 3 times

2 c. whole wheat flour

1 c. white flour

1 ¼ tsp. Baking powder

1 ¼ tsp. Salt

## Cut in 4 tsp. Oil

**Mix water and sweeteners together; add to dry ingredients and mix well.**

¾ cup + 2 Tbsp. Very hot water

3 Tbsp honey

3 Tbsp Molasses

**Dough should be a bit sticky**

## Divide and roll ¼” thick circle. Mark with a cross Bake at 350 degrees for 10 minutes

**Remove and brush with oil, bake an additional 5-8 minutes, remove and cool.**

## Communion Bread Recipe #2

5 1/2 cups bread flour

1 cup water

1 cup milk

1 package yeast

1 teaspoon salt

1 tablespoon honey

Heat Water and Milk mixture to 110 degrees. Add Honey to warm mix and issolve yeast in warm mix. Sift in flour. Add salt. Knead for 10 minutes. Let rise for 1-1/2 to 2 hours. Punch down. Knead again, for about 2 minutes. Shape into four round loaves. Score top with a cross. Bake at 350 degrees for 20-25 minutes. Wait to put the bread into a plastic bag until it is completely cooled. Mark the bag with the date.

## Communion Bread Recipe #3

4 cups whole wheat flour

4 tsp. double-acting, or 8 tsp. single-acting baking powder

2 tsp. salt

1/2 cup pure oil (we used extra virgin olive oil)

Honeyed water - 1/2 cup each honey, milk, water

Sift the dry ingredients together into a bowl. Warm the honeyed water to be sure it is all liquid. Mix the oil with the honeyed water. Gradually add the wet ingredients to the dry ingredients and mix until you have a soft, but not sticky dough.

Separate the dough into pieces and roll each piece out on a lightly floured surface. Each loaf should be smaller than your face. Before putting into the oven, cut a cross into the surface of the dough. Place the breads onto slightly greased baking pans or baker's stone and put into the oven at about 400 degrees. It should take from 10 to 15 minutes to bake. Let the bread cool for about 1 hour.