

Communion Bread

This recipe makes one 9" loaf if your group is large, or you can double for an even larger group. There is also a recipe for 3 loaves below.

Here at St. Junia's House, I use a 3" cookie cutter and can get 5 little loaves out of one recipe, freezing them for use as needed. It will easily score into a dozen pieces.

For one 9" loaf or five 3" loaves:

$\frac{3}{4}$ cup whole wheat flour
 $\frac{1}{4}$ teaspoon salt
1 tablespoon olive oil
1 tablespoon honey
 $\frac{1}{4}$ cup lukewarm water

Lightly oil/spray pan
Preheat oven to 500 degrees
Mix flour and salt together, add water, olive oil and hone.
Knead well
Roll out into a 9 inch circle-score serving pieces.
Bake for 6 to 7 minutes,

3 loaves

2 $\frac{1}{2}$ cups flour
 $\frac{3}{4}$ teaspoon salt
3 tablespoons olive oil
3 tablespoons honey
 $\frac{3}{4}$ cup water

This recipe is courtesy of Katie Bomkamp from St. Matthew. She says it started out as white bread in Fr. Jerry Vechione's recipe, then was changed to whole wheat, and finally, Katie added her own touch with the honey. We like it very well here at St. Junia's and will never go back to those Styrofoam communion wafers that can be obtained commercially!