

## Communion Bread Recipe

We've tried a variety of different recipes for communion bread and found this recipe from [Luther Seminary](#) to be the best. The bread is easy to make, tasty, breaks easily without making a lot of crumbs, and keeps well in the freezer. The recipe should make six loaves of bread.

### INGREDIENTS

2 cups (255 g) *Sifted* Whole Wheat Flour  
1 cup (113 g) *Sifted* White Flour  
1 1/4 tsp Baking Powder  
1 1/4 tsp Salt  
4 tsp Oil  
3/4 cup + 2 Tbsp (210 mL) Hot Water (at least 180°F/82°C)  
3 Tbsp Honey  
3 Tbsp Molasses

### DIRECTIONS

1. Sift the flour before measuring or add it by weight for accuracy. (Note: Your sifter will probably sift out the bits of hull found in whole wheat flour. Be sure to mix these bits back into the dry ingredients as proper consistency depends on their presence in the dough.)
2. Sift the dry ingredients together.
3. Add the honey, molasses, and oil to the hot water.
4. Add the wet ingredients to the dry ingredients. The dough should be slightly sticky. If necessary, knead just enough to combine the ingredients, but no more.
5. Divide dough into 6 balls. Flatten the balls into disks about 1/4" thick.
6. Score the top of each with a cross, about 1/8" deep. This will help when breaking the bread.
7. Bake on a sheet at 350°F/175°C for 10 minutes.
8. After 10 minutes, brush the tops of the loaves with oil. Bake an additional 5-8 minutes.
9. Let cool.