Communion Bread Recipe

Turn on oven to 350 degrees/325 Convection

Sift the following dry ingredients together:

2 c whole wheat flour  
1 c white flour  
1 & 1/4 tsp baking powder  
1 & 1/4 tsp salt

 Mix wet ingredients together until dissolved:

3/4 cup + 2 Tbsp very hot water (minimum of 180 degrees F)  
3 Tbsp honey  
3 Tbsp molasses

Stir in 1 ½ Tbsp oil into wet ingredients.

Add wet ingredients to dry ingredients and mix well. Dough should be slightly sticky. Do not knead.

Roll out about 5 oz of dough to a not too thick/not too thin depth. Place in sheet pan lined with parchment. Bake for 15 minutes. Cool. Cut into desired lengths. Freeze.