

English Lutheran Church Communion Bread Recipe

With thanks and credit to

Gloria Dei Lutheran Church of Olympia Washington

This Recipe will make 6 Communion loaves!

- 3 Cups Wheat Flour
- 1 & 1/2 Cups White Flour
- 2 Teaspoons Baking Powder
- 2 Teaspoons Salt
- 2 Tablespoons Oil and a little more for brushing on top of loaves
- 1 & 1/2 Cups Hot Water
- 1/4 Cup Honey
- 1/4 Cup Molasses

Sift All the Dry Ingredients

Cut in the Oil (use a Pastry Blender)

In a separate container, mix the Honey, Molasses, and Hot Water.

Then add to dry Ingredients. Mix gently and thoroughly. You may knead the dough and add a little flour to make it less sticky, but do not knead too much as this will toughen the bread. You can oil your hands to keep the dough from sticking- keep dough on moist side.

Form into 6 equal size balls. Lightly spray cookie sheets or use parchment paper on them.

Press the balls into the cookie sheets. Or roll out the balls into six-1/2 inch thick loaves and place on cookie sheet. Each loaf should be about 6 to 7 inches in diameter.

Score a simple cross on the top of the loaves with a sharp knife before baking them. (This doesn't have to go deeply- just decorative.)

Bake in a 350 degree oven for 10 minutes. Take out and brush tops with oil, bake for 5-8 minutes more. Let cool on a rack until they are room temperature. Once fully cool, place in freezer bags and seal well. You can keep all six loaves in one large bag or divide into smaller bags.