**Luther Seminary Communion Bread**

**Yield: 8 – 2 oz. loaves**

**Preheat oven to 350 degrees. Line a baking sheet with foil or parchment paper.**

**Sift together:**

**½ cup whole wheat flour**

**¼ cup white flour**

**¼ tsp. baking powder**

**¼ tsp. salt**

**Use fork or pastry blender to cut in 1 teaspoon of oil.**

**In a separate container, mix:**

**¼ cup hot water**

**¾ tablespoon honey**

**¾ tablespoon molasses**

**Add this to dry ingredients and mix well, adding additional small amounts of hot water, as necessary.**

**The dough should be a bit sticky. Lightly flour your hands to avoid sticking; divide dough into 8 pieces**

**and flatten each piece into a small circle, ¼ inch thick. Place on baking sheet. Use a knife to mark with**

**a deep cross, without cutting completely through.**

**Bake at 350 for 7 minutes. Remove from oven, brush with oil, and bake an additional 7 minutes.**

**Cool completely. Keep one loaf out for Sunday worship; freeze remaining loaves for future use.**