

COMMUNION BREAD

1 Pkg. Dry Quick Rising Yeast
3 Tbsp. Honey
1-1/2 C. Warm Water

1 tsp. salt
3-1/2 C. Whole Wheat Flour

Empty the packet of yeast into the bottom of a mixing bowl. Add the honey and mix well. Add the water slowly, mixing to combine. Stir in the flour and the salt. Mix well. Scoop as a ball out of the mixing bowl and knead on a lightly floured (with the whole wheat flour) surface. When it is well-kneaded, shape it into a tube and slice it with a serrated knife into 9 or 10 rounds. Roll or flatten each round until about 4" around and 1/4" thick. Place on lightly greased baking sheets and press the "cutter" firmly into the dough without going all the way through. This makes it easier for the servers to tear off bite size pieces. Cover the pans with a clean towel and let them rise in a warm place until 1/2" thick. (About an hour.) Bake at 450 degrees for 7 to 8 minutes.

THEY SHOULD NOT BE BROWNEED. DO NOT OVERBAKE.

Let cool on a cooling rack and place in a zip lock bag marked with the service date.

The bread can be baked ahead of time and dropped off at church during working hours or it can be left between the doors at the east entryway anytime.

The bread needs to be there before the first service, so it's easier if you can drop it off during the week and leave it with Sandy.

If for some reason you cannot bake on your scheduled day, please swap dates with someone and then let Sandy in the office know so she can get the right name in the bulletin.

If you have any questions, or would feel better seeing a demonstration of the recipe, please call Linda Pupp at (414) 405-3639.

Thanks so much for helping.