
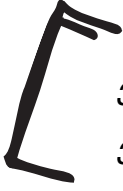


Communion Bread Recipe

(makes four loaves)



<i>3 cups White Flour</i>	<i>1 Tbsp. Cinnamon</i>
<i>3 cups Wheat Flour</i>	<i>2 tsp. Baking Powder</i>
<i>½ cup Brown Sugar</i>	<i>4 Tbsp. Honey</i>
<i>1 Tbsp. Salt</i>	<i>½ cup melted Shortening</i>
<i>2 tsp. Baking Soda</i>	<i>2 cups Water</i>

- Mix dry ingredients together.
- Add Honey, Shortening and Water, one at a time, mixing well after each addition.
- Knead dough on a floured surface about 10 minutes.
- Divide into 4 pieces.
- Roll out each piece to a ¼" thickness.
- Use a small mixing bowl or something similar to cut out a circle of approximately 6" in diameter. The sign of the cross can be scored with a knife into the raw dough before it is baked.
- Bake on an *ungreased* cookie sheet for 18-20 minutes at 350 degrees. Be careful not to over bake.
- Remove from the oven and allow bread to cool.
- Place in a freezer bag with the date, and leave in the freezer at Sanctuary.



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