

VIRGINIA THEOLOGICAL SEMINARY

Communion Bread Recipe

Mix thoroughly in a large bowl:

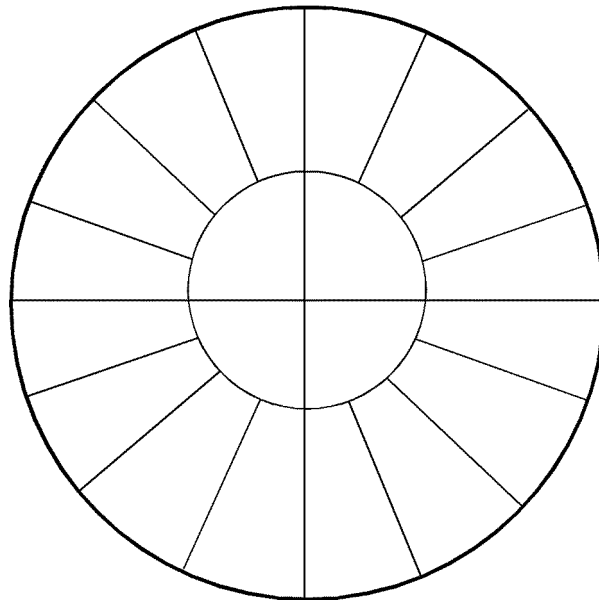
- 4 cups whole wheat flour
- 1 teaspoon salt
- 4 teaspoons baking powder

In a small bowl, mix well:

- 1 cup water
- 1/2 cup vegetable oil
- 1/2 cup honey

Add the liquid ingredients to the flour mixture and stir until a soft dough is formed. Knead for about five minutes. Divide into 12 equal pieces. Roll out each piece on a floured surface, into a circle about 6 inches in diameter. Use a six inch round template, or the lip of a large (approx 6") round container to cut out each host. A Rubbermaid container that takes a #2 lid is perfect.

Use a small biscuit cutter, drinking glass, or half of a plastic Easter egg to lightly score a circle in the center (1 3/4 inch in diameter), then use a spatula or pastry scraper to score the straight lines. Push just deep enough to make the marks, but not deep enough to cut all the way through. The finished design looks like this:



Bake on cookie sheets (lightly sprayed with oil) at 375° until edges just begin to lightly brown (about 12 minutes). When partially cool, place up to 5 hosts in each quart sized plastic freezer bag.

—Adapted from a Trappist Monk recipe