Communion Bread Recipe
Revised by the bread bakers at The Gathering

Ingredients:
3 cups whole wheat flour
1 cup bread flour
4 tsp. double acting baking powder
2 tsp. salt
Honeyed water:  Honey - 1/3 cup
                   Milk - ½ cup
                   Pure oil (vegetable or canola) – 1/3 cup
                   Water – ¾ cup + 1 Tbsp

Directions:
Preheat oven to 400°. Line baking sheet with parchment paper or lightly grease. Mix all dry ingredients together in large bowl. Warm up water in microwave. Stir honey into warm water until completely mixed together then add oil and milk, stirring until all completely mixed. Add wet ingredients to dry and mix together. You may need to add more flour or water to get to correct rolling consistency. Weigh out 5.5 oz. of dough, place onto a lightly floured surface and knead gently. Roll out dough to about 3/16” thickness and at least 8” round. Use a pan lid or any other object that is 8” round to cut loaf to this desired dimension. (Note: we just use an 8” round template and don’t worry about the thickness.). Place the round onto lined baking sheet. Before putting in oven, score the surface of the dough with a cross using either a pizza cutter or a knife that has a serrated edge, making sure not to cut too deep or all the way to the edge. Use the knife also to pat smooth the outer edges and make sure the loaf is round. Bake for 10-12 minutes until done but not too brown. Cool the bread completely before wrapping or placing in freezer bag. Cooling can be speeded up by using fans. This should make 5 loaves which will serve 150-170 people.

(Original recipe courtesy of the Monastery of the Holy Spirit-Conyers, Georgia)