



Bread for Holy Communion

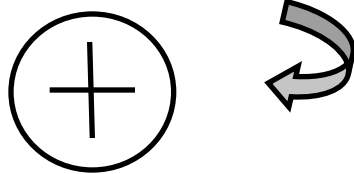
Unleavened Bread

2 cups whole wheat flour
1 cup white flour
2 tsp. baking powder
1 tsp. salt
1/2 cup shortening (margarine or
butter at room temperature)
1 cup milk
3/4 cup honey



Sift dry ingredients. Mix with remaining ingredients.
Roll out to 1/2 inch thickness. Cut in 4 or 6 inch diameter
circles.

With a sharp knife you may score like this:



Bake at 350° for 12-15 minutes or until brown.
Makes 8-12 loaves.

(Dough will be very sticky, so you need to add some
flour and knead until the dough can be rolled out.)
After baking let cool and package in freezer bags.

