



Communion
Unleavened Bread

Sift:

2 cups whole wheat flour
2 teaspoons baking powder
3/4 teaspoon salt

Add:

3 1/2 - 4 tablespoons honey
Slightly less than 3/4 cups water, a little at a time, work into single lump of dough - not damp.

Make:

Shape into 2 wheels; 1/3" thick and 5" in diameter.
Score them 1/2" across the top, 1/8" deep

Bake:

375 degrees on greased cookie sheet, for 12-15 minutes