

Lord of Life Communion Bread Recipe

1½ c. white flour

3 Tbsp. oil

½ c. whole wheat flour

¾ c. water

1 tsp. baking soda

1 tsp. salt

3 Tbsp. sugar

Mix dry ingredients. Add oil and water and mix. Divide into 4

parts. Knead each one on a floured

surface into a 5 inch circle about ¼ inch thick. Bake 10-12 minutes at 350°. This bread recipe does not raise or brown. Be careful not to over-bake.