

Trinity Seminary Communion Bread Recipe

2 ½ cups whole wheat flour
13 Tbsp + 1 tsp white flour
1 Tbsp + 1 tsp oil
1 ¼ tsp salt
1 ¼ tsp baking powder
1 cup + 2 Tbsp + 2 tsp warm water
5 Tbsp + 1 tsp honey

Mix dry ingredients. Cut in oil.

Stir honey into warm water and mix well. Add to dry ingredients.

Dough should be sticky. Cut into four equal parts.

Using oil on hands, pat into circles about ½" thick or less.

Place on parchment paper on baking sheets.

Mark a cross onto each round with a sharp knife.

Bake at 350 degrees for about 10 minutes. Do not over bake.

As of Jan. 2018 we use about 4 loaves per service.

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