

COMMUNION BREAD (1/2 recipe) ~ for small families or small groups

Here is an easy recipe for communion bread:

1 cups whole wheat pastry flour

1/2 tsp salt

1/4 cup canola oil (or other vegetable oil)

1 Tablespoon + 2 teaspoons of water

1. You start with a gallon size Ziploc bag. Put in water, oil, & salt. Seal and mix until all ingredients are mixed and salt is dissolved.
2. Add flour and knead until thoroughly mixed. Set aside for 15-20 minutes
3. Use rolling pin and roll until dough fills the whole bag (flat)
4. Cut one side and bottom of bag and open the top. Fold back to expose dough (still on the bag)
5. Transfer to baking pan covered with parchment paper
6. Cut into 1" squares, poke 3 holes using a fork, in each square
7. Bake at 425° for 10 to 12 minutes
8. Cool on pan

This is a video of a mother and two sons demonstrating how to make these communion crackers.

https://vimeo.com/405905312?fbclid=IwAR0jEmLBRIls9wwABeslZA_1RIWWq-WnrXPh10QspzuZ99K-opBAqJ73NdQ

COMMUNION BREAD (Full Recipe as seen in the video) ~ for larger families

Here is an easy recipe for communion bread:

2 cups whole wheat pastry flour

1 tsp salt

1/2 cup canola oil (or other vegetable oil)

1/3 cup water

1. You start with a gallon size Ziploc bag. Put in water, oil, & salt. Seal and mix until all ingredients are mixed and salt is dissolved.
2. Add flour and knead until thoroughly mixed. Set aside for 15-20 minutes
3. Use rolling pin and roll until dough fills the whole bag (flat)
4. Cut one side and bottom of bag and open the top. Fold back to expose dough (still on the bag)
5. Transfer to baking pan covered with parchment paper
6. Cut into 1" squares, poke 3 holes using a fork, in each square
7. Bake at 425° for 12 minutes
8. Cool on pan