

## Communion Bread Recipe

Monastery of the Holy Spirit in Conyers, Georgia

### Dry Ingredients:

4 cups of whole wheat flour  
4 tsp double acting or 8 tsp single acting baking powder  
2 tsp salt

### Wet Ingredients:

Honey Water= ½ cup of honey+ 1/2 cup of milk+ ½ cup of water  
½ cup of pure cooking oil

Oven Temperature: 400 degrees Fahrenheit  
Baking Time: 10-15 minutes  
Cooling Time: 1 hour

### Baking Instructions:

1. *Speak to God as you prepare the bread God will transform into the Body of Christ. Thank God that your creative work will be literally consecrated as the Body of Christ prepared for the congregation to partake in this Holy Mystery.*
2. Sift the dry ingredients into a mixing bowl.
3. Mix separately the honey water and cooking oil
4. Begin pouring the honey water into the bowl of dry ingredients.  
\*\*\* Caution do not pour all the honey water in at once. \*\*\*
5. Turn the dry ingredients into a soft dough – not too sticky to handle.
6. Turn the dough out on a lightly floured surface and kneed it gently.
7. Roll out the dough to the desired thickness. (3/16's of an inch)
8. Cut the dough into the desired shape and size. (Use a metal bowl 6 inches in diameter.)
9. Cut a cross in the surface of the dough.
10. Pre-heat oven to 400 degrees.
11. Grease slightly a baking pan to place the dough on.
12. Place baking pan with dough into the oven at 400 degrees.
13. Bake 10-15 minutes in oven or until golden brown crust appears.
14. Let the bread cool for about 1 hour.
15. Wrap individual pieces of bread in cellophane or gallon size plastic bags.
16. Store in the refrigerator until ready to use.