

San Joaquin Communion Bread Recipe

[Gluten-free instructions added]

5 small loaves - (the recipe can also be doubled)

Preheat oven to 350 degrees

Combine in bowl:

- 1½ cups whole wheat flour [substitute gluten-free 1 to 1 flour mix]*
[additional GF variation substitute ¼ c. blue corn meal]
- ½ cup white flour [substitute gluten-free almond meal, or 1 to 1]
- ¼ teaspoon salt
- ¾ teaspoon baking soda

Add 2 teaspoons vegetable oil and mix well

(consider using a tablespoon measuring spoon, pouring short, as an oiled spoon makes it easy to measure molasses and honey....)

Add: ¾ cup cold water [½ cup plus a tablespoon for gluten-free]
2 tablespoons molasses
1 tablespoon honey

Knead several minutes on a surface floured with whole wheat flour. [Gluten-free does not knead, mix until completely blended] You will need to add extra wheat flour [or GF flour] until the dough is not sticky. Divide into equal parts. Roll each part out to a thin, hand-sized circle (about 5 inches) – so that when cooked it resembles a flat pita bread. [Gluten-free dough doesn't roll well. Press with your hands, a flat spatula, or even a corn tortilla press]. If desired, press a knife part-way into the center of each bread to make the mark of a cross. Bake 10-12 minutes on an ungreased baking sheet and cool on a baking rack. Wrap each loaf in plastic wrap and freeze in zip lock bags until needed (up to 3 months).

These are fairly flat, dark, and taste incredible.

* We prefer Bob's Red Mill 1 to 1 Baking Flour which is mostly sweet rice and brown rice flour. For nut allergies, use all 1 to 1 flour instead of adding almond meal. And remember, these don't have to be perfect! Questions? Email Deacon Teri Van Huss at dirtgirldeacon@yahoo.com

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