

## Unleavened Bread Recipe for the Lord's Supper

(Communion Bread for 400 people)

(Yes, that sounds like a lot, but remember that is based on one small piece each.)

1. Turn on oven to 400 degrees.
2. Measure 4 cups flour: 3 ½ cups unbleached white flour; ½ cup whole wheat flour (Bob's Red Mill pastry flour is very good) Pour into a medium sized bowl
3. Add ¼ cup uncooked "grit," Cream of Wheat, or ground oatmeal, or Wheaties or crushed All Bran.
4. Add 1 ½ teaspoon salt and mix thoroughly.
5. Add 1 1/3 cup oil to flour mixture and stir with a fork just until mixed. Too much mixing makes it tough. Oil can be olive, or extra virgin olive, or Canola, or your choice or any combination of these.
6. Add 2/3 cup ice cold water to above mixture and gently mix. It is much waterier than pie dough. The more you work it, the heavier and less flaky it gets.
7. Form into two equal sized balls, one for each regular sized cookie sheet, approximately 10 ½" X 15 ½". Use a rolling pin to flatten each ball onto the cookie sheet until even and smooth.
8. Use a fork to prick each piece to prevent bubbles, about one poke for every inch.
9. Bake 12 to 15 minutes, depending on your oven. Remove from oven when it begins to turn slightly tan or brownish. It burns easily and will taste bitter if burned.
10. Leave on cookie sheet until cool.
11. You can make this unleavened bread any time you choose for your own enjoyment.

### Please Note:

Set aside the pieces of bread and a small amount of juice that you will use for Communion. After your Lord's Supper, dispose of any left over and prayed for bread by burning or burying it. Pour any left-over grape juice on the ground.