



3VC Communion Bread

This is a 1/4 reduction of the usual batch for our church family.

Mix 1/4 cup wheat flour with 1/4 cup white flour

Add:

1/4 cup sour cream or plain yogurt

1 1/2 Tbs honey

1 1/2 Tbs oil

1/8 tsp baking powder

Mix ingredients and knead in additional 1/4 cup wheat flour. It will be tacky.

Heat oven to 325 degrees

Coat pan with non-stick spray.

Roll out mix to 1/2" thick

Bake 15-20 minutes. Check at 15 minutes.

Let cool. Cut into squares.