

Emmaus Road Communion Bread

4 cups whole wheat flour

4 tsp. baking powder

2 tsp. salt

1/2 cup extra virgin olive oil

1 cup real maple syrup

1/2 cup warm water

- + Preheat oven to 400 degrees.
- + Sift the dry ingredients together into a bowl.
- + Mix the oil with the other liquid ingredients
- + Mix only as much liquid as needed to form a soft dough.
- + Turn the dough out onto a lightly floured surface and kneed it gently.
- + Form/roll out the dough to 1/4 inch.
- + Shape/cut into rounds about six inches across.
- + Cut a cross into the surface of the dough using serrated knife.
- + Smooth the outer edge by patting it with the side of a knife.
- + Lightly brush bread with oil or milk prior to baking.
- + Place the bread onto lightly greased baking pans or baker's stone, and bake 10 to 15 minutes.

Cool the bread cool for an hour and place in airtight freezer bags.

The bread may be refrigerated or frozen, but bring to room temperature before use. Bread may be warmed in a 250 degree oven for up to 30 minutes but do not microwave bread to thaw or warm.

Notes:

- + This recipe makes 4 loaves, serves 100-125 and is easily cut in half
- + An alternative sweetener is 1/2 cup honey*, 1/4 cup molasses and 1/4 cup additional warm water *(orange blossom or raspberry honey)