

## RECIPE FOR COMMUNION BREAD

1 cup finely-ground flour (whole grain preferred)

¼ teaspoon salt

2 tablespoons cold water

¼ cup olive oil or other vegetable oil

Sift flour and salt together. Pour water into the oil. Mix the liquid through dry ingredients with a fork. Roll between the two sheets of waxed paper to the thickness of the pie pastry. Place on an ungreased, floured baking sheet. Mark off into bite-sized squares with a knife and prick each square with a fork to prevent blisters. Bake at 230deg for approximately 10 minutes. Watch carefully and do not brown. Makes bread for about 50 people.