

Unleavened Communion Bread

1½ cups flour
½ cup whole wheat flour
¾ tsp baking soda
½ tsp salt
3 tbsp shortening
3 tbsp honey
¾ cup water

Mix dry ingredients. Cut in shortening. Add honey, then water. Mix by hand. Turn onto a floured surface and knead for a bit. Divide and shape into 4 balls. Roll or press to ¼ inch even thickness. Cut a shallow cross through the top. Bake for 10 minutes at 350 degrees on a cookie sheet.