

First Lutheran Altar Bread

This recipe was used for many years by First Lutheran members who baked the bread weekly for use at communion. These are flat, unleavened loaves of bread.

1 cup of whole wheat flour
¼ cup white flour
½ tsp salt
½ tsp sugar
¼ tsp baking powder
¼ cup milk
1 TBS honey
½ TBS butter or margarine, melted
1 tsp flour for sprinkling
A bit of oil for coating

Preheat oven to 350*. Grease a cookie sheet. Mix together flours, salt, sugar and baking powder. Separately mix honey and milk completely; add melted butter and mix well (works best when liquids are lukewarm). Add liquid mixture to flour mixture and knead a few minutes (should be kind of a cookie dough consistency). Roll out into an approximately 6" diameter loaf, about 3/8" thick. Place bread on cookie sheet. Sprinkle lightly with flour and coat thinly with a bit of oil. Bake for 15-20 minutes.

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