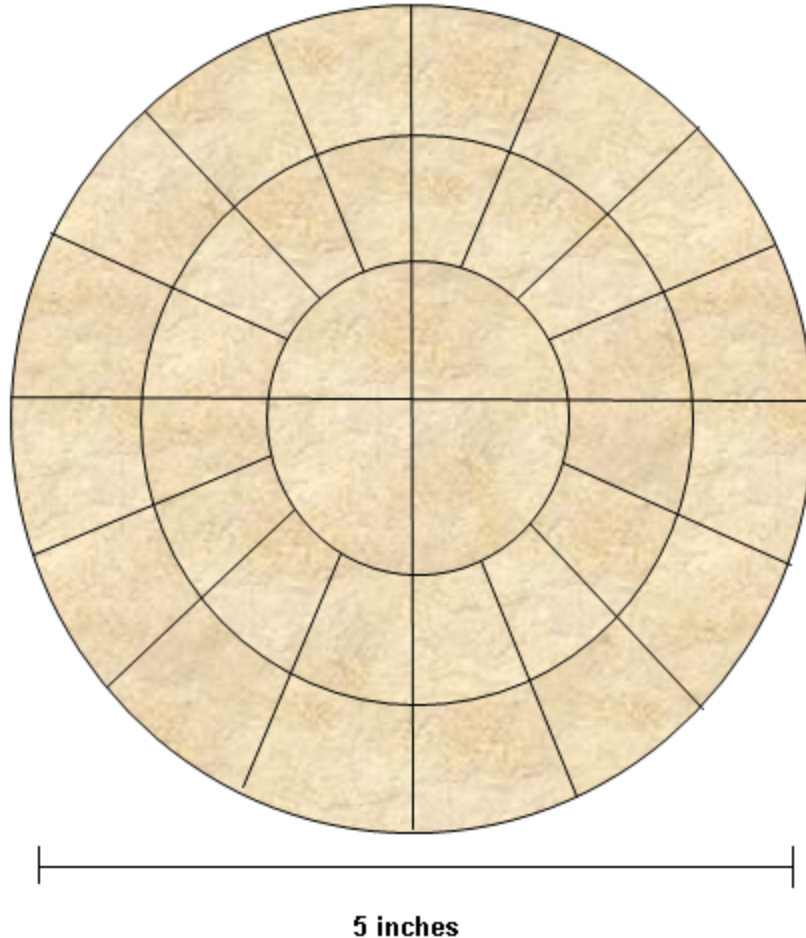


Verger' Communion Bread

Presented to the Vergers' Guild of the Episcopal Church
at the 2012 Annual Conference in Lakeland, Florida
by Duke DuTeil, Head Verger, Washington National Cathedral



Communion Bread is rolled out into 5 inch circles and scored to break into 36 pieces per circle
It will break easily without crumbs when broken away from scored lines.

Ingredients:

3 cups whole wheat flour
3/4 tsp salt
2 tsp baking powder
1/4 cups Crisco oil
1/2 cup water
1/2 cup honey

Directions:

Mix flour and salt together.

Using mixer, cut in baking powder and oil.

In microwave, heat water and honey.

Cut water and honey into mixture.

Rollout, cut and score using the diagram.

Bake at 350 for 12 minutes.

Let cool.

Yield:

Approximately 12 circles or 432 pieces.

Based on a tortilla recipe which has been converted to whole wheat and honey.