**Recipe 1: Communion Bread:**

In small bowl:

    Beat: 7 Tbsp oil

             1/2 tsp salt

    Slowly beat in 8 tbsp cold water until thick & white

Pour into 2 c. fine whole wheat flour. Stir till flour is moist. Knead till smooth. Divide into 2 balls. Roll out to thickness of pie crusts (note: thin otherwise it will cook thick and be doughy). Place on cookie sheet. Score with back of knife to 3/4" squares.

Bake @250/275 F 1 to 2 hours.

**Recipe 2: Communion Bread with a twist:**

2 cups sifted 100% whole wheat flour

1/2 teaspoons salt
6 tablespoons oil
1/2 cup cold water
(twist: optionally for sweet communion bread, add brown sugar in the mix or on top before baking)

Sift flour and salt again. Blend oil and water and pour over flour and mix into soft ball. Knead a few minutes. Roll out very thin (if adding brown sugar, make thicker). Mark off with dull knife into 1" squares. Bake in moderate oven until golden (with brown sugar, for 20 minutes at 350°F).