

Eucharistic Bread Recipe

**Camp Gravatt's Recipe, Diocese of Upper South Carolina*

Ingredients:

2 cups of whole wheat flour 1 cup of flour

1/4 cup brown sugar

1/2 tablespoon salt

1 teaspoon baking soda

2 tablespoons honey

1/4 cup shortening

1 cup water

Directions:

Preheat oven to 350 degrees

Mix dry ingredients

Stir in other ingredients

Turn out onto floured surface and knead for about eight minutes Divide in half and form into loaves

Put onto lightly greased baking sheets

Bake for 30 minutes