

Recipe for Holy Supper Bread

1 c. whole wheat pastry flour (or ½ whole wheat and ½ white flour)

½ t. salt

3 T. olive oil

3 T. ice water

*Note: If you have a freezer at your facility put all the ingredients in the freezer for 15 to 20 minutes before you begin. This makes the bread less chewy.

1. Combine flour and salt.
2. Mix in oil with a pastry blender.
3. Mix in water with a spoon and stir until a ball forms.
4. Mash together in waxed paper and roll out to about ¼" thick.
5. Cut into 2 large circles.
6. Bake at 350° for approximately 12 minutes or until slightly browned.
7. When cool, separate with plastic wrap & store in an air tight container.