



## Communion Bread Recipe during Corona Donna Green-Goodman, MPH, Lifestyle Therapeutix, Huntsville, AL Pastor Debleaire Snell, MDiv, First SDA Church, Huntsville, AL

## Ingredients

3 cups of plain flour - whole wheat, all purpose or bread or any combination you like\* 1/2 teaspoon salt

10 tablespoons margarine, or coconut oil, or other vegetable Water







## Instructions

Preheat oven to 275 degrees

Sift salt and flour together in a large deep bowl.

Add shortening into the mixture, cutting it into flour until it resembles cornmeal.

Measure out 1 cup of the mixture and add 3 TBSP of water to it. Use your hands to mix it up into a bread dough consistency.

You can store the rest of the mixture in a bag or airtight container in the pantry!

Roll out your dough onto a floured area. Place on an ungreased cookie sheet.

Prick evenly with a fork across the top.

Bake for 50 minutes. Take a look at 40 minutes and make sure it is not burning. Let cool. Break into pieces for serving.

\*For Gluten-Free bakers add xanthan gum for better product.

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