

Communion Bread - for 4

Original recipe converted using a conversion factor of 0.25.

Original Quantity	Converted Quantity	Ingredient
1 Cup	1/4 cup	plain flour - not oil
1 Cup	1/4 cup	Crisco
3/4 Teaspoon	1/8 teaspoon + 3 drops	salt
3/4 Cup	3 tablespoons	water

Instructions

Combine flour and salt in a large mixing bowl. Cut shortening into flour mixture with a pastry blender or two knives until shortening is well distributed into flour. Add cold water and stir just until combined. Divide dough into small balls and roll each one out. Cut a 5" or 6" circle in the center so the bread will not rise up to much. Bake at 275 to 300 for 15-20 minutes. Check every few minutes and push down with a spatula if any bubbles form on the bread. Baking time will vary depending on thickness of dough. Bake until not greasy but NOT BROWN. Bread should be dry and slightly golden. Cool on wire racks and place in a Ziplock bag. It can be frozen for up to 3 months.