

Whole Wheat Communion Bread

4	cups whole-wheat flour	3	cups water
	Divided	½	cup honey
½	cup non-fat dry milk	2	tablespoons oil
1	tablespoon salt	4-4 ½	cups all-purpose flour
2	packages dry yeast		

Mix 3 cups whole-wheat flour and next 3 ingredients in a large bowl. Heat water, honey, and oil in saucepan until warm. Pour over flour mixture. Stir or blend at low speed on mixer for 1-minute, medium speed for 2 minutes. Add additional 1 cup of whole wheat flour. Add all-purpose flour. Blend well then knead 5 minutes. Form dough into 3 round loaves (smaller for communion). Cover loaves with clean cloth and let rise for 45 to 60 minutes. Punch down dough. Let rise 40 minutes. Bake in preheated oven at 375 degrees for 40 minutes.