

Eucharistic Bread

Ingredients

3 ½ cups of whole wheat flour

1 ½ cups of sugar

1 teaspoon of salt

2 tablespoons of butter

4 tablespoons of honey

1 ½ cups of milk

Combine first three ingredients in a large mixing bowl. In a small sauce pan, heat second three ingredients and mix into flour mixture (dough will be sticky). Divide into 2 parts and pat into circles. Place on a baking stone or a well-greased cookie sheet. Using a knife, mark each circle with a cross, pressing deeply into, but not all the way through, the dough. Bake a 400 degrees for 15 minutes.