

## St. Augustine's Eucharist Bread Recipe

### Ingredients:

- 1 Cup minus 2 Tablespoons of Lukewarm Water
- 1 package of Dry Yeast
- 3 Tablespoons of Honey
- 1 ½ Tablespoons of Olive Oil
- ½ Teaspoon of Salt
- 2 2/3 Cups of unsifted Whole Wheat Flour

### Directions:

Combine water and yeast in mixing bowl. Add Honey, Olive Oil and Salt.

Add Flour and make dough (adding flour or water as needed)

Knead thoroughly for 5 minutes. The dough will be dense and hard to knead but this is important

Cover dough with damp towel and allow to rise in a warm place for 1 ½ hours. It should almost double in size. (Tip: I heat up my oven on the lowest temperature and then turn it off and put the bowls inside and cover them.)

Knead dough again for 2 minutes. Roll out to ¼ to ½ inch thickness. Cut into several circles (Tip: I use a salad bowl to cut out mine so they are the same size). Take a knife and put a cross on top of the bread so it will break easily.

Place dough on lightly oiled baking sheet (Tip: I use parchment paper on my cookie sheet, much easier to clean up). Bake at 350 degrees for 10 minutes.

### Additional Notes:

- Make two batches of this recipe for Sunday's 9:30 am service at Benton Chapel.
- Bread needs to be at Benton Chapel a little after 9:00 a.m. for the 9:30 Sunday service.
- Don't double this recipe, it is too dense. I mix two separate bowls up at the same time.
- Bread can be frozen.
- Call, text, or email Christy Beesley with any questions: 615-491-4828 or [Christy@stauguestineschapel.org](mailto:Christy@stauguestineschapel.org)