

## Unleavened Communion Bread Recipe

### Ingredients

#### Regular

¾ cup scalded milk  
1 egg beaten  
¼ cup honey  
2 ¼ cups all purpose flour  
¼ cup melted butter  
1 tsp salt

#### Vegan

¾ cup scalded soy or almond milk  
1 tbs ground flaxseed with 3 tbs water  
¼ cup bee free honee (or any other honey substitute)  
2 ¼ cups all purpose flour  
¼ cup olive oil  
1 tsp salt

#### Spice mixture is optional

1 tsp ground rosemary  
¼ tsp dried garlic  
¼ tsp thyme  
Pinch of basil and oregano

Use a mortar and pestle to grind all the spices together until they are granulated.

### Instructions

- Using a sauce pan or microwave heat milk until it almost comes to a boil.
- Beat milk, honey and butter together with a whisk. Add the egg and beat again until well blended.
- Gradually add 2 cups of flour and 1 tsp of spices. Mix with a spoon.
- The dough will be very sticky. Using the remaining ¼ cup of flour roll the dough out to approx. ¼ inch thick making sure to flour the surface, rolling pin, and dough. Rolling the dough on parchment paper makes it easier to transfer to the baking sheet.
- Place parchment paper with the dough on the baking sheet and prick with a fork.
- Bake at 375° Fahrenheit for 15 to 20 minutes until golden brown.
- Brush with butter or olive oil and sprinkle spices with a pinch of salt on top.

**Note:** You can use ½ butter and ½ olive oil to change the flavour a bit.

(I have made minor changes to the original recipe. The original is at [www.recipesforourdailybread.com](http://www.recipesforourdailybread.com))