



\* **score loaves before baking**

## **sbt COMMUNION BREAD**

4 ½ cups spelt flour

2 tsp baking powder

2 tsp salt

Mix together in bowl and add, stirring lightly...

2 Tablespoons olive oil

1 cup boiling water

¼ cup maple syrup

¼ cup molasses

Mix these three ingredients together in a separate bowl.

Add wet ingredients to dry ingredients and stir sparingly.

Knead the dough a little bit as well.

The dough should have a smooth consistency and not stick to your hands. If the dough is quite sticky, knead in small amount additional flour. If dough feels too dry, add a very small amount of hot water.

(\*\*Spelt does not want to be worked too much)

Heat oven to 350 degrees.

Separate the dough into 4 equal weighted pieces.

Roll each piece of dough into a ball between your hands.

Place the ball on an oiled piece of wax paper and place another oiled piece of wax paper on top of the ball.

Using a rolling pin, flatten ball into a 8" circle (1/4" thick)

Place circle of dough on oiled baking sheet.

(2 loaves per a pan, baked upper and lower rack at same time)

With knife lightly score the top of the loaf into quarters.

Bake **10 minutes**... remove from oven...

**quickly brush olive oil over each loaf**... return to oven

Bake **additional 6 minutes** (no longer)

Remove loaves from baking sheet to wire rack and cool.

\*\*\* silicone baking mat and a rolling pin set at ¼" disc height has made my job easier than using wax paper & regular roll pin.