

Candler Gluten-Free Communion Bread Recipe

Preheat oven to 350 degrees.

In a large bowl, combine dry ingredients:

- 3 ½ cups of Bob & Red Mill Gluten Free Flour
- 4 tsp. of DOUBLE ACTING baking flour (or 8 tsp of single acting baking flour)
- 1 tsp. (or a little less) of table salt

Mix together dry ingredients in a bowl. Make sure they are thoroughly mixed because it will affect the taste of the bread.

In a separate container mix thoroughly, the following: (easiest to put them in a container with a lid and shake.)

- ¾ cup of milk
- ¾ cup of honey (clover honey works well, and folks LOVE it!)
- ½ cup of VEGETABLE oil

Gradually add the wet mix to the combined dry ingredients, mixing them together with your hands. (This will be sticky... it's okay!) You're shooting for a ball of dough that's cohesive, but not too sticky. Pour the dough onto your clean counter, or bread board, and knead it into a large ball of dough. With your hands, roll the dough ball into a fat cylinder that is six to eight inches long. Cut the cylinder into eight equal parts (—|—|—|—). Each part/ball should make one 6-inch round. (I use my hands to pat out each ball of dough into a round.) Once the round is patted into form, take a knife and cut a cross on top. (Be careful not to cut all the way through. You are simply scoring the top of the bread.) The dough round should be about a ½-inch thick. (You can make it thinner if you can do so without tearing. They will rise in the oven.)

Place the rounds on an ungreased cookie or pizza sheet ensuring at least an inch between them. They will bake in 10 minutes, however they may need just a bit longer or shorter depending on your oven. You will know they are finished when they no longer seem doughy. You don't want them super dark (AKA burned) on the bottom. One batch can easily make six to eight rounds. Eight rounds are usually plenty for a week where Communion is served on Tuesday and Friday for Candler Worship in Cannon Chapel.

Original recipe from the Monastery of the Holy Spirit. Modified to be gluten-free by Jessica Kawamura.