

Communion Bread

(tasty rolls or buns too)

**2 Tablespoons dry yeast
1/2 cup water
1 teaspoon honey
2 cups warm water
1/3 cup olive oil**

**1 Tablespoon salt
whole wheat flour
unbleached white flour**

In a large bowl put the yeast in 1/2 cup warm water with the honey (it should begin to bubble). Add 2 more cups of water, the oil, salt and whole wheat flour (about 2-3 cups) and mix well. Stir in white flour until its not too sticky. Turn the dough out onto a floured surface and knead until smooth and elastic adding more flour as necessary. Place the ball of dough in an oiled mixing bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until the dough has doubled in size, about 1 hour. Punch dough down and knead for a couple more minutes. Break into 12 or so equal pieces, form and bake at 350° for about 15 minutes. (If you don't bake them all at once, cover the uncooked dough balls with the damp cloth as you wait for the second batch.)