

## Ecumenical Altar Bread



- 1 1/2 cups whole wheat flour
- 1 t. baking soda
- 1/4 cup oil
- 1/2 cup white flour
- 1/2 t. salt
- 3/4 cup water
- 1/4 cup honey

Sift dry ingredients together, mix in shortening, then add the other liquid ingredients. Knead the dough well. Roll flat, about 1/2 inch. Shape into two (or three) rounds. You may use a knife to score a cross at the center of each, if you like; dust lightly with flour, then blow off excess.

Bake at 350 degrees for 10-12 minutes for 2 loaves, slightly less for three.