



## *St. Mark's Episcopal Church*

TEANECK, NEW JERSEY

### **Altar Bread Recipe**

Makes 6 loaves

Preheat oven to 400°

Ingredients:

- 3 cups whole wheat flour
- 3 teaspoons double-acting baking **powder** (6 of single-acting) *note: not baking soda, a common mistake*
- 3/8 cup pure vegetable oil
- 3/8 cup honey (more will make a moister loaf)
- 3/4 cup milk
- 3/4 cup water

Sift or thoroughly stir together the dry ingredients and mix together the wet ingredients. Combine the wet and dry mixtures, pouring wet into dry, mixing as you pour until you form a soft dough. You may not need all the liquid mixture.

Turn the dough out onto a floured board or counter and knead gently until it forms a smooth ball. Divide in six and shape each into a round, flat loaf about 6-8 inches in diameter. Score the top with a knife, forming a shallow cross. Bake for about 16-18 minutes in a 400-degree oven on a lightly greased baking sheet. When loaves cool, wrap them in wax paper or plastic. It is best if they are made no more than a day or two before use.

