

Gluten-Free Communion Bread Instructions

**Before you begin, please wash your hands very thoroughly, and be sure all surfaces and utensils have been well cleaned, especially if they are not in a nut-free and gluten-free kitchen. Be sure to note the potential for cross contamination in hand towels, as well.

Ingredients:

One package of pre-measured dry ingredients

(dry ingredient package contains:

1/4 c + 1 tbsp brown rice flour

1/4 c + 1 tbsp tapioca flour

1/8 c teff flour

Scant 1 1/2 tbsp whole psyllium husks

Scant 1/4 tsp baking soda

1/4 tsp baking powder

1/8 tsp salt)

1/2 c water (warmed)

1 tbsp grapeseed oil

1/2 tbsp honey

1/8 tsp apple cider vinegar

Directions:

- Preheat oven to 350 F.
- Whisk dry ingredients to mix evenly.
- Mix other wet ingredients into warm water until dissolved.
- Add wet ingredients to dry ingredients and mix well into a sticky batter with a flexible spatula. Batter will thicken as it sits (so don't worry if it seems excessively thin or wet at first.)
- On a cookie sheet or baking stone, lined with parchment paper, divide dough.
- Divide the dough in two parts...taking 1/4 to form into one ball and 3/4 in another.
- With lightly oiled and clean hands shape dough into flat rounds about 1/4 inch thick (one larger, one smaller). Score loaves with a cross and put in heated oven at 350 F for 10 minutes. Remove from oven, and re-score, and brush lightly with grapeseed oil.
- Increase oven temperature to 400 F and return to oven immediately.
- Cook an additional 10 minutes.
- Remove from oven and cool completely on a cooling rack on parchment paper.
- Once cool, store in sealed container to retain moisture. Ideally, serve within 24 hours of preparing.

Please bring to the Altar Guild room before 10am on Sunday morning.