

Quick Communion Bread

Prep Time
10 mins

Cook Time
10 mins

Total Time
20 mins

Ingredients

1 cup flour

1/3 cup water

1/3 cup oil (olive oil preferred)

1/4 tsp salt

Instructions

- Preheat a skillet over medium-high heat (Note: heavy bottom skillet works best)
- In a mixing bowl, combine ingredients until smooth dough forms (Note: should be moist but not sticky - add water/flour to adjust as necessary)
- Pinch off golf ball size of dough
- On a lightly floured surface, roll out the dough to 1/8 inch thick
- Transfer the round of dough to the hot skillet
- Cook for around 1-1/2 minutes per side (Note: the bread should bubble up)
- Remove from pan when golden brown speckles appear on both sides

