**St. Paul’s Whole Wheat Communion Bread – hand mix**

1 cup warm water, divided

1/3 cup milk

6 tablespoons plus 1 teaspoon honey, divided

1 ¼ tsp salt

6 tablespoons butter

1 tablespoon yeast (1 ½ packages)

2 cups whole wheat flour

2 cups white bread flout

1. Combine ¾ cup water, milk, 6 tablespoons honey, salt and butter in a saucepan. Heat gently, melting the butter. Stir to combine all ingredients thoroughly. Remove from heat.
2. Combine yeast, remaining teaspoon honey, ¼ cup warm, (NOT HOT) water in a small bowl. Let it sit, and if all is well the mixture will froth.
3. Put all the flour in a bowl and mix thoroughly.
4. Check temperature of butter mixture. When it is warm, not hot, pour the mixture and the yeast mixture in the bowl with the flour.
5. Say goodbye to your hands. Use your hands to mix the wet and dry ingredients. Scoop the mixture out of the bowl and knead between your hands until your fingers re-emerge clean and the dough is firm and elastic.
6. Place dough in a bowl coated with cooking spray or lightly greased with butter. Cover and let rise until double; one hour.
7. Punch down the risen dough, and divide into fifths. Shape each into a round loaf, sealing the bottom by pinching it together, and set them on a greased baking sheet.
8. Cover the shaped loaves with plastic wrap and let rise for half an hour. Meanwhile, preheat oven to 350 degrees
9. When the loaves have risen, butter a sharp knife and cut a cross in the top of the loaves. The 8:00 service uses 1 loaf and the 10:00 service uses 2 loaves.
10. Bake for 25-30 minutes. There should be a hollow sound when you tap the bottom
11. **Let the loaves cool completely on a rack before putting them in plastic bags.** The bread freezes well if you want to make extra or store
12. Feel good about helping your church.