

BREAD IN A BAG FOR COMMUNION AT HOME



Ingredients

- 3 C all purpose flour divided
- 3 Tbsp white sugar
- 1 package rapid rise yeast (2 1/4 tsp)
- 1 C warm water
- 3 Tbsp olive oil or vegetable oil
- 1 1/2 tsp. salt

Instructions

1. Preheat oven to 375°. In a resealable plastic bag place 1 cup flour, sugar and yeast and add in warm water. Squeeze air out of the bag and seal. Squish with your hands until well mixed together.
2. Let it rest for 10 minutes at room temperature. Bubbles will form. Open bag and put in 1 cup of flour, oil and salt. Seal bag again and squish until well blended.
3. Add last cup of flour and continue mixing in the same manner until well blended.
4. Remove dough from bag and put onto a lightly floured surface. Knead for 5-10 minutes or until smooth.
5. Add dough into a greased mini loaf pan. Cover with a towel and allow to rise for about 30 minutes.
6. Bake in a 375° oven for 25-30 minutes or until bread is golden brown.

This is an easy and fun recipe to use with children or by yourself. It makes one delicious loaf. This is a great at-home learning activity with math and science connections. Prepare to have so much fun when you try this recipe.

NOTE: Our next time for at-home Communion is October 4th -- World Communion Sunday.