

A Local Food Advocate Network Recipe



# *communion bread*

The congregation of the Westside Fellowship Christian Reformed Church in Kingston, Ontario has been supporting the Canada Foodgrains Bank through annual offerings. Recently, with donated land and seed money from the congregation, they have been growing and donating grains directly. On World Hunger Sunday, they harvested a little of the wheat, ground it into flour, and baked this bread to celebrate communion. Their local celebration with local wheat connected them to the hungry around the world.

## *communion bread*

- 1 ½ cup warm water
- 1 ½ teaspoons salt
- 2 tablespoons oil
- 2 ¾ cups whole wheat flour
- 1 cup white flour
- 2 tablespoons brown sugar
- 1 teaspoon yeast
  
- 1 tablespoon flax (optional)
- 1 tablespoon wheat germ (optional)
- 1 tablespoon wheat bran (optional)
- 1 tablespoon sunflower seeds (opt)

Put ingredients into the bread maker in the order they are listed.

Select Dough setting.  
Let dough rest 10 minutes.  
Shape loaf.  
Cover and let rise.

Bake at 350 degrees F for 30 minutes or until golden brown.



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