



MY FIRST COMMUNION BREAD

Ingredients

- 1 cup All-Purpose flour
- 1/3 cup vegetable oil
- 1/8 teaspoon salt
- 1/3 cup water

Directions

1. Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with parchment paper.
2. Mix flour, oil, and salt together in a bowl.
3. The mix will seem very wet at this point. Slowly add water and keep stirring and the dough will form and turn into a soft texture.
4. Form dough into 6 balls and press into disks onto the prepared baking sheet using your hands.
5. You may use a spoon or plastic knife to make a design on the top of each disk
6. Bake in the preheated oven until bread is cooked, 8 to 10 minutes.

After the bread has cooked and cooled, gather together as a family. Have each person identify one thing that they are grateful for. Then pray the following prayer together and enjoy the simple unleavened bread you made!

Loving and Gracious God, we ask you in the name of your Son Jesus Christ, to bless this bread and the hands who prepared it. Bless all who receive it, that we may eat in remembrance of the body of your Son, and continue to grow as witnesses to you. Help us always remember that your Son shares himself with us so that we may be more like him.
May we always strive to grow in faith, love and charity.

Amen.

