

Year C - The Most Holy Body and Blood of Christ

Luke 9:11-17

Unleavened Bread Recipe



You will need:

- 3 cups of flour
- 1 cup of oil (extra for greasing)
- 1 cup of water
- a teaspoon of salt

Instructions

- Preheat oven to 220°C
- In a large bowl combine all the ingredients.
- Line an oven tray with baking paper or oil a tray.
- Lightly oil the palm of your hands and divide the dough into 4-6 balls
- Roll the balls out flat onto an oven tray and use a cookie-cutter to create smaller circles.
- Bake for 8-10 mins or until the edges are slightly brown.



Debrief It:

When these are cooked and you are handing them out retell the story of the Last Supper and what Jesus said to the disciples when he handed them the bread.

This is just ordinary bread - yummy but ordinary and it can fill our stomachs. But the bread from Mass, that is the body of Jesus and it fills our hearts and our Spirits.