

COMMUNION HOSTS FOR PLAYING MASS AT HOME

Ingredients:

- 1 cup flour
- 1/3 cup vegetable oil
- 1/3 cup water
- 1/4 tsp. salt



Directions

1. Preheat oven to 350 degrees.
2. In a medium mixing bowl, add the flour, oil, water and salt.
3. Mix with hands until a ball forms. Knead in your hands for a couple minutes to make a smooth dough.
4. Place dough on a parchment-lined cookie sheet.
5. With assistance holding the parchment paper in place, roll dough to about 1/8" thick.
6. Using a 1" circle cookie cutter (or medicine cup), cut out circles, leaving them in place after cutting.
7. Place sheet into the oven, leaving in place the scrap dough that surrounds your cut circles. Bake for 8-10 minutes, or until golden brown.
8. Let cool for a couple minutes before placing the hosts on a plate to finish cooling.
9. Join in playing Mass with your children and build a love for the Holy Eucharist while #makingcatholicmemories.

