



Gluten-free Communion Wafers

1/2 cp gluten-free rice flour or Betty Crocker gluten-free Bisquick*

1 Tbsp Potato Starch

¼ tsp Xanthan Gum

1 ½ Tbsp Crisco Vegetable Shortening

2 Tbsp water (gradually add additional small amounts until dough holds together).

Knead well and If it seems sticky, work in more gf flour. Divide into 3 balls.

Roll one ball at a time approximately 1/8 inch thick (between layers of wax or parchment paper).

Cut into 1 inch circles and use toothpick to make cross design:

- Place on cookie sheet between layers of parchment paper,
- ● ● weighted down with 2nd cookie sheet of same size.
- Bake 350° 10-15 minutes, then remove top cookie sheet and paper and return to
- oven 3-5 minutes longer until wafers are dry. **DO NOT ALLOW TO BROWN.**

Yield: 5-6 dozen

*Eliminate Potato Starch and Xanthan Gum if using Bisquick. The finer grind of the Bisquick flour produces a more pleasing, less gritty texture.

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