

# COMMUNITY HEALING BAKED BREAD

To help embrace the aspects of community, hospitality, and harvest, this charmed loaf of bread is to be baked and shared with your community. With ingredients that promote healing and prosperity, this baked spell is one to keep and use regularly. Anyone who eats this bread and is open to the healing magic imbued within will benefit from the spell!

## YOU WILL NEED...

- 4 cups of flour
- 1.5 tsp baking soda
- 1 tsp salt
- 1.75 cups buttermilk
  - for a vegan option, use 1.75 cups plant milk with 1.5 tbsp vinegar
- herbal mixture for community healing (substitute as needed)
  - rosemary, calendula, bay leaf, and garlic

## INSTRUCTIONS

Prepare your herbal mixture by placing all of the herbs and spices in a bowl, then set it to the side. It doesn't take a lot of each herb, and I have no measurements to include. Use your best judgment and allow your intuition to guide you. You may choose to say a chant or prayer as you do this, asking for the help of the allies you have included. That choice is yours.

Now, it's time to prepare the bread. As you move through this recipe and bake your bread, allow your mind to fill with images of the community you are protecting and healing. You may choose to bring their images to mind encircled in a healing white light. Keep your focus on the intention behind your baking – healing for a community in need, symbolic sustenance for the dark half of the year, and community bonding over baked bread.

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## INSTRUCTIONS

*\*For the vegan version: Mix plant milk and vinegar together and set aside for 5-10 minutes until thick.*

*\*If you are making multiple smaller loaves, you will need to adjust the bake time. Cover and cook the bread until it is done in the middle. Then, remove the cover and bake until the crust is golden brown.*

1. Preheat the oven to 450F (232C).
2. Grease a round baking dish or cake pan.
3. In a large bowl, mix together all of the ingredients, including your herbal mixture.
4. Turn your dough onto a floured surface and knead gently a few times.
5. Form the dough into a ball and then press it into the prepared pan so that the dough resembles a large disk. The dough should reach the edges of the pan, but may spring back slightly.
6. Cut an X into the dough with a sharp knife, about 1/4 of an inch deep.
7. Cover the pan of dough with another round cake pan turned upside down. Foil can be used instead.
8. Cover and bake for 25-30 minutes. Then remove the top pan and bake uncovered for about 10 minutes more or until the crust is dark golden brown.
9. Remove the bread from the oven and let it cool before cutting.

Share the bread with your community over a meal, or give each member their own loaf!