**A picture containing food

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**Anger Recipe**

**JackBakes Banana Cream Pie**

**Ingredients – three parts so below in directions**

**Anger Recipe Indicators**

* Frustrations of having to adjust to new life.
* We’ve been working from home, taking care of kids the stress level increases.
* We now tend to be more frustrated over tiny little things more than usual and so we need an outlet for that stress that is constructive because the last thing that you want to do is let it build up and have a negative outburst and take frustration out on someone who is underserving of it.
* This recipe for that deals with anger really forces you to sort of focus and concentrate on the “beating” or whisking out whatever it is you have of this. Vigorous process. The action of destroying something (graham crackers) allows you to turn it into something beautiful and delicious.
* The peaks of white fluff that occur clam and soothe you.
* Provides that outlet. The only harm that can come from it is eating too much and feeling it in the waste.
* You can feel the negativity leave your body but the process of whisking and beating transforms it into something positive.

**Directions**

**JackBakes Graham Cracker Crust**: (makes enough for a 9-inch pie)

* 1 1/2 cups (12 large rectangular squares) crushed graham cracker crumbs
* 1/4 cup sugar
* 6/7 tablespoons butter melted
* 1/2 teaspoon cinnamon (optional)

Smash crackers on countertop in a Ziplock bag until finely ground. Transfer to bowl and add in sugar and mix vigorously with a wooden spoon or spatula. Add in melted butter and mix until you have achieved the texture of wet sand. Press into greased pie plate.

**Pastry Cream Filling**

Ingredients: (makes 2 cups of cream, enough to fill a generous 9-inch pie)

* 2 cups milk divided
* 4 tablespoons corn starch
* 2 eggs
* 4 egg yolks
* 3/4 cup sugar
* 4 tablespoons (1/2 stick) butter
* 2 teaspoons vanilla extract

1. Dissolve cornstarch in 1/2 cup milk. beat in eggs and egg yolks with a whisk.

2. Combine the remaining 1 1/2 cups milk with the sugar in a medium sized saucepan, bring to a boil, remove from heat.

3. Pour 1/2 cup of the boiling milk into the cornstarch and egg mixture whisking constantly.

4. Pour mixture back into the hot milk and sugar and bring to a boil whisking constantly until the cream thickens and comes to a boil.

5. Remove from heat and mix in butter and vanilla

6. Cover with plastic wrap immediately so skin does not form

Banana – put banana slices on top (1 whole banana)

**\*EASY ALTERNATIVE: 2 packages of instant vanilla pudding**

**Whipped Cream Topping:**

* 1 cup heavy cream
* 2 tablespoons powered sugar

**Directions:**

Begin with a chilled bowl (10 minutes in the fridge) add in cream and begin whisking, halfway through add in powered sugar. Continue whisking until thick peaks form.

Again, top with 1 whole banana, sliced.