

A JOCK'S GUIDE

Episode 9: Sugar Pie (Brown Sugar Pie)

Source: www.allrecipes.com

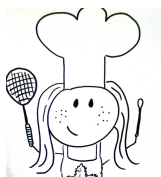
Ingredients:

6 tablespoons all purpose flour	½ teaspoon salt
2 cups brown sugar – packed	1 teaspoon vanilla
1 and ½ cups evaporated milk	one unbaked pie shell
4 tablespoons butter	

Jock Hint: one can of evaporated milk is not quite 1 and ½ cups SO top it up with pure maple syrup! Delicious.

Directions:

1. Preheat oven to 400°.
2. Combine flour and sugar in a saucepan (or a regular old pot!). Add butter, evaporated milk, salt and vanilla.
3. Cook, stirring constantly, until the mixture comes to a boil. (*Boil it twice as long – to avoid runny pie!)
4. Pour mixture into unbaked pie shell and bake for 5 minutes at 400°F. Reduce heat to 350°F and bake for 25 – 30 minutes.
5. Cool pie. Eat. Curse “A Jock’s Guide” for contributing to a broken diet.



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