

# BANANA CREAM PIE

## CRUST:

1 ¾ Cups	Organic White Flour Germ Restored
¾ Tsp	Salt
½ Tsp	Organic Sugar
9 TB	Cold Unsalted Butter
¼ Cup	Ice Water

## FILLING

	Dr. Oeretker's Organic Banana Pudding Mix
2 Cups	Organic 2% Milk
¼ Tsp	Vanilla Extract
1	Organic Banana - Sliced
2 Pints	Heavy Cream
½ Tsp	Organic Sugar

For crust: Preheat oven to 375; Pulse flour, salt, sugar, butter, and shortening in a food processor. Start and stop the machine until the mixture is crumbly. Add the ice water and pulse briefly until the mixture begins to pull away from the sides and form a ball. Let the dough rest 1/2 hour at room temperature. On lightly floured surface, roll dough for an 11" tart shell. Ease it into the pan and trim the edges. Prick the dough all over with a fork, then line with parchment or foil and fill with dried beans or rice. Bake for 8 minutes, remove liner with its filling and bake the shell for 7 minutes more or until lightly browned. Cool to room temperature.

For Filling: Make pudding according to package directions but add vanilla; slice bananas to make a layer over bottom of crust; pour pudding over bananas into crust and refrigerate for 2-3 hours; whip cream with sugar, top and serve.

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# Shopping List

Recipe Title

Ingredients	Wieght or Volume	PLU #
Carots	1/2 C. or 4 oz	_____
potatoes	2 T.	_____
millet	3 t.	_____
tofu	4 oz	_____
corn kernels	5 lbs	_____
sugar	6 grams	_____
water	7 liters	_____

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