



# ERICA'S RAGE MUFFINS

*THE UNOFFICIAL FUEL OF  
THURSDAY NIGHTS.*

# RECIPE PAGE

## Ingredients

- 2 cups flour
- 1 cup sugar
- ½ cup melted butter
- 2 eggs
- 1 tbsp vanilla
- 1 pinch salt
- 1 cup unresolved emotions
- 3 tbsp rage (or annoyance — whatever you have handy)
- Chocolate chips because you deserve joy

## Instructions

Mix → scoop → bake at 375° → scream while they cool.

## *Notes from Erica*

- Best enjoyed after a long day of being “professional.”
- Rage level may be adjusted to taste.
- If your batter looks too thick, add a splash of water or a little more emotional clarity.
- If your batter looks too thin, add more flour or more rage — both work.
- Sharing is optional.
- Screaming is not.