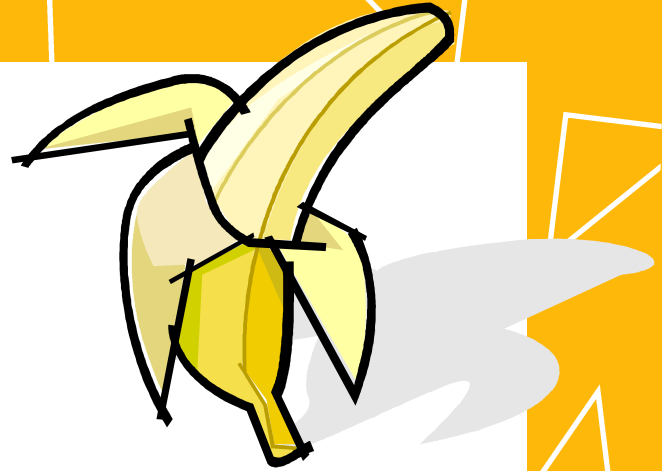


Serve with eggs for a satisfying hot breakfast!



Banana Pancakes

From Breaking the Vicious Cycle

1 ripe banana, mashed
1 egg
Real butter for frying

Combine banana and egg thoroughly. Drop on a greased griddle and brown over medium heat. Turn and brown other side. Serve hot with honey syrup (honey diluted with water and heated).