

Banana Pancakes

By Gail Grenier Sweet ©2003

Our youngest child had moved out.

The first time she returned for a visit, I said, "I'll make anything you want to eat."

"Pancakes," she said. "Not waffles.... Pancakes!"

So I made banana pancakes, just like I did while she and her brothers were growing up.

She ate.

She smiled.

Sweet Family Banana Pancakes

2 cups Bisquick (or just use flour with a bit of salt or baking soda)

1 egg (When the chickens were really laying like crazy, I'd throw in 3 or 4 eggs)

1- 1/4 cups skim milk or soy milk

2 or 3 ripe bananas, mashed up

Mix all ingredients together. Drop by 1/4 or 1/2 cupfuls onto a hot greased griddle. The pancakes are ready to turn when bubbles appear in the batter.

They taste especially good simply spread with butter and omitting syrup, because you can really taste the bananas that way. The bananas make the pancake very moist!

HINT: Over-ripe bananas may be bought cheaply at the grocery store and frozen for later use. When you need them, simply chop up the frozen bananas (they slice easily) and blend them in a blender or defrost them in the microwave before adding to batter.

The End