

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Peanut Butter Banana Grain-Free Pancakes

From [cookingTF.com](http://cookingTF.com)

1 ripe banana  
¼ cup peanut butter  
2 eggs  
½ teaspoon baking soda

Mix all ingredients with a mixer, or put into a blender. Spoon or pour into a hot buttered skillet, or a skillet sprayed with non-stick spray, and brown on both sides.

Tip: Keep them small. They are easier to turn.