



cooked sometimes

gionrale #5

Just joking (maybe not)!



- I'm sorry but did you just call me a banana 10 minutes ago?

Banana Bread - Panbanana

- 3 bananas
- 100 g flour
- 100 g buckwheat flour
- 120 g butter
- 120 g sugar
- 2 eggs
- 7 g yeast
- 1 pinch of cinnamon
- 3 tablespoons of fennel seeds

Incorporate butter with sugar in a big bowl until it's foamy.

Add eggs, flours, mashed bananas, cinnamon and yeast and the fennel seeds.

Place the mix in a baking tray with oven paper or butter and cook for 35-40 minutes at 180°C.



Bananas make my good friend Shakiba think of me, and bananas made me think of my good friend Shakiba thinking of me!

**what's
with all
these
barns?**

Marx said "religion is the opium of the people", and it is true. However, I also like to talk about cooking, I really like cooking.

can i eat two bananas a day?



For weight loss

In the morning

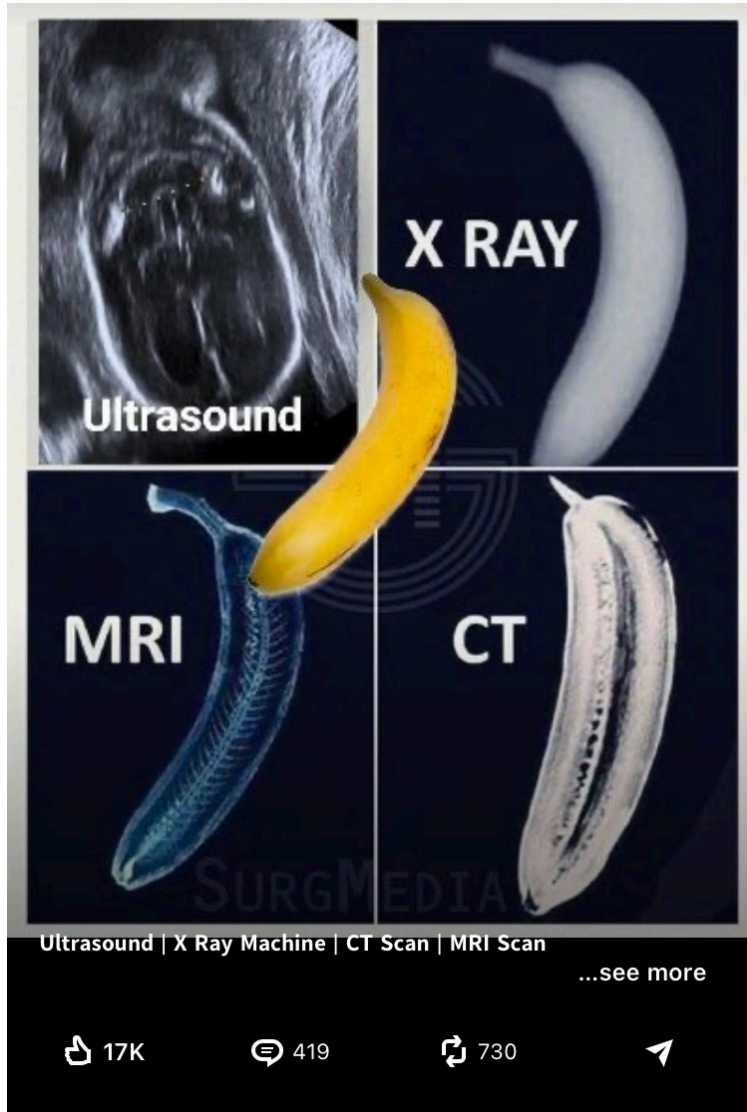
Images

For a month

For a week

During pregnancy

While there's no blanket rule, **sticking to one to two bananas per day shouldn't cause issues for most people.** With that said, remember that they are relatively high in carbohydrates, so eating them along with protein or fat is also advisable to support stable energy levels. Mar 14, 2024



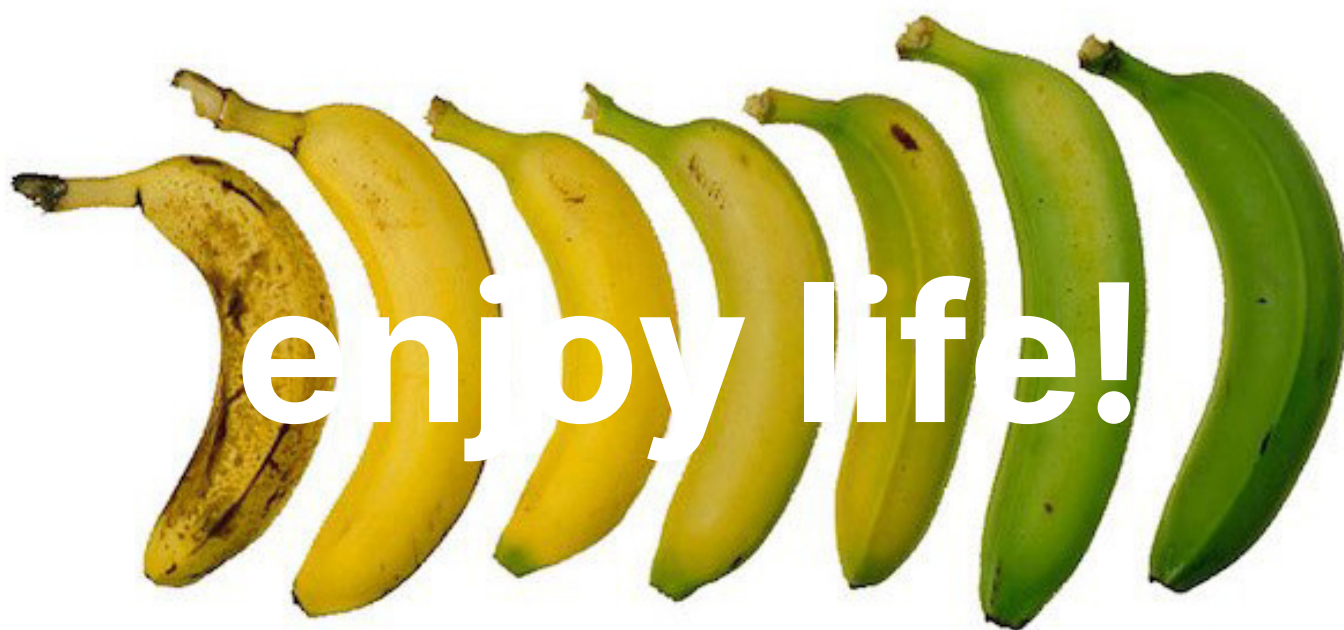
I found it on linkedin,
I don't understand what is going on.



Hugging someone who is hurt is a signal of empathy.

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questa fanzine è uno spazio bianco per le tue idee. se ne hai,
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