Banana Extract for Bettering Ice-Creams

What is the issue?

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Researchers at the Columbia University have discovered that adding Cellulose Nano-Fibres extracted from banana waste could help improve ice cream.

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What are some of the expected positives?

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- Cellulose Nano-fibrils (CNFs), which are thousands of times smaller than the width of a human hair, are extracted by grinding banana fruit stems, or rachis.
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- **Slower Melting –** Adding the fibres could lead to the development of a thicker and more palatable dessert, which would take longer to melt.
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- As a result, this would allow for a more relaxing and enjoyable experience with the food, especially in warm weathers.
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- **Long Lasting -** CNFs were also found to increase shelf-life of ice cream, which helps in extending the expiry timelines (which is usually 6 months now).
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- This is because CNF decrease temperature sensitivity changes that occur when moved to and from the freezer and thereby retards decay.
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- **Low Fat -** In addition, CNFs increased the viscosity of low-fat ice cream, which improved the creaminess and texture of the product.
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- Hence, CNFs could help stabilise the fat structure in ice creams and as a result could potentially replace some of the fats and perhaps reduce some calories.
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Source: Business Line

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