

Banana Beetroot Ice Cream with Incorporation of Dehydrated *Hibiscus Rosa-Sinensis*



Method and Materials

Wash the beetroot in running water take out it extract.

Blend banana and the extract of beetroot with the *Hibiscus Rosa Sinensis* powder in a mixing bowl.

Use electric mixer beat the chilled all-purpose cream and adds the blend mixture in it.

Beat these all until desire consistency are obtain of the product.

Place it in a container and leave it in the refrigerator.

Result

As a result the *Hibiscus Rosa Sinensis* ice cream can fulfill daily requirements of iron by consuming it in addition, this is not harmful for health.

Introduction

The objective of the present product development was aim to analyze the nutritional composition and enhance the consumption of dehydrated *Hibiscus Rosa-Sinensis* powder as an edible flower in the daily diet in order to explore their nutritional benefits. *Hibiscus Rosa-Sinensis*, commonly known as Hawaiian hibiscus or Chinese hibiscus, is an evergreen, flashy shrub belonging to the Malvaceae family. When we speak about hibiscus, the first visual people associate with the name is a shining red flower, which makes for a great ornamentation but does contain any medical properties. No doubt, the hibiscus flower is one of the most recognizable flowers due to its immense nutritional value and health benefits. *Hibiscus Rosa-Sinensis* full of refreshing flavor and widely usable flower that does not contain any toxic compound. It imparts a unique and powerful color, aroma and flavor to the food. It is luscious in taste and encloses abundance of nutrients but it can survive only a day to creating longer lasting product from short-lived plant. We can incorporate it to in our innovative food product as an innovative element to cure and prevent us from disease. We prepared an ice cream by the incorporation of *Hibiscus Rosa-Sinensis* flower with the beetroot and banana because it can engage consumer toward it due to its unique flavor, taste and benefits. The shelf life of this ice cream is 24 hours after processing on an appropriate temperature on a refrigerator. In this product development, we were target iron deficiency, which found in the human being and they may govern to anemia. It mostly found incredibly in the children as common diseased. Children cannot take multiple pills for this definition we made iron affluent ice cream. It can alter the mood swings of individual and consumer realizes pleasure and freshly after consuming. They pass over their trouble of life that makes them depressed. In all over the world all age association of people adore ice creams. *Hibiscus Rosa Sinensis* with beetroot and banana ice cream fulfill easier the daily requirements of iron by consuming the need of nutrients and for children it has no health risk. This ice cream can invite customers that are more curious and its sweet taste would definitely entice them to try the new and unique product it is great for maximum rewards all around and is extremely useful in the treatment of anemia. We use the ingredients that are easily available in the market and satisfy consumer and being a unique challenge of flavor to the food industry it encourage to Businesspersons and food establishment owners to add a new innovative product in their sales so that they can welcome more costumers in their stores.

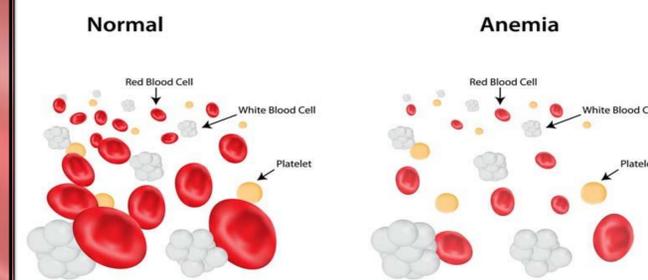
Discussion

Among of the parameters, texture extremely acceptable. This means that the respondents of the test are feel whenever they eat the *Hibiscus Rosa Sinensis* flavored ice cream. In the other hand, the indicator Flavoring ranked lowest among the group interpreted as slightly liked. This just proves that in terms flavoring, we needs to improve the handling and flavor of the product enable to become more palatable for the target customers. *Hibiscus Rosa Sinensis* ice cream fulfill easier the daily requirements of iron by consuming the need of nutrients and for children it has no health risk, we have decided to make the flower not only as a tool for decoration but as ingredient for food as well take advantage of the abundance of this flower.

Conclusions

A conclusion had drawn been based on the finding of the study. Based in the result of the test conducted, *Hibiscus Rosa-Sinensis* Flavored Ice Cream extremely liked by the consumer. *Hibiscus Rosa-Sinensis* flavored ice cream is not only for adults but also for children, and for everyone.

Anemia



IRON DEFICIENCY RISK FACTORS IN TODDLERS & KIDS

- ✓ Unresolved iron deficiency as a baby
- ✓ Picky eating causing low intake of iron rich foods
- ✓ Consistent high milk intake
- ✓ Certain conditions that affect nutrient absorption
- ✓ Poorly planned vegan or vegetarian diets



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