



ASSOCIATION **SOUTENIR**
QUÉBÉCOISE DE LA **REPRÉSENTER**
GARDE SCOLAIRE **MOBILISER**

Banana Ice recipe without allergen*

Here is a recipe without cooking and free of the known allergens (peanuts, wheat, milk, eggs, nuts, soy, etc.) that you can have fun to make as the warm season approaches!



Picture: <http://www.woodlandswellnessmd.com/wp-content/uploads/2014/08/Banana-Ice-Cream-Recipe.jpg>

Educational Intentions (Suggestions):

Discover an allergen-free recipe

Age Groupe :

Multiage

Required Materials:

- Mixer
- Cooking tools
- Bowls and spoons to taste

Ingredients:

- 1.5 bananas/person (choose them ripe, with “black-heads”)
- 1/2 a lemon juice (a little less for those who fear acidity);
- 1 vanilla bean (optional).

Expertise

Pedagogical skills for the student:

- Develop psychomotricity
- Promoting healthy lifestyles

Professional expertise put forward by this activity:

- Planning and organizing activities
- Activities focussing on psychomotor development



* Inspired by the recipe found on the site: <http://www.les-recettes-d-hugo.com/la-glace-minute-a-la-banane-de-tatie-lolo-sans-sorbete-sans-lait-oeufs-ble-soja-ni-fruits-a-coque>

Banana Ice recipe without allergen

Instructions

- Peel the bananas
- Cut the bananas into small sections and place them in a hermetic freezer bag
- Place in the freezer and wait 3 hours (minimum)
- When the waiting time has elapsed, remove the banana sections and pour them into a mixer. Split the vanilla bean in half and scrape the seeds with a knife over the mixer
- Wait 20 minutes, then add the lemon juice and rotate the mixer (add a tablespoon of water if the slides block)
- If necessary, add the ingredients (see below) and rotate the mixer quickly, to mix with the banana
- We then get a frozen dessert, thick in consistency, to taste right away!

Variations

- Add certified ingredients without allergens such as chocolate chips, candied fruit, grated coconut
- Replace banana with mango

Put the bananas in the mixer.



Picture: https://thenotquitevegan.files.wordpress.com/2012/04/dsc_0022_3.jpg

We get a frozen dessert, thick in consistency, to taste immediately!



Picture: <http://www.les-recettes-d-hugo.com/la-glace-minute-a-la-banane-de-tatie-lolo-sans-sorbetiere-sans-lait-oeufs-ble-soja-ni-fruits-a-coque>



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