

Ice Cream in a Bag

Shake it up and dish it out!



Level: Easy

Serves: 1

Kids' Tool Kit

Zip-type bags,
2 sizes
Measuring spoons
Measuring cups
Knife
Cutting board
Rock salt
Ice cubes

Ingredients:

1 tablespoon sugar
1/4 teaspoon vanilla extract
1 to 2 tablespoons soft fruit
1/2 cup whole milk

Additional Ingredients:

1/2 cup rock salt
ice cubes



Chef's Choice

Ice Cream in a Bag
Fruit
Cookie



Directions:

Remember to wash your hands!

1. Open a pint zip-type bag, add sugar, vanilla and soft fruit. Seal bag tightly and mix well by squeezing with fingers.
2. Open bag and add milk. Squeeze out extra air, zip tightly and mix well.
3. Open a gallon zip-type bag, add rock salt and fill halfway with ice cubes.
4. Put pint bag inside gallon bag, seal well and shake bag for 5 to 10 minutes or until liquid has changed to ice cream.



Helpful Hints: Make sure the bags are tightly closed before mixing or you'll have a mess! It takes lots of shaking and turning before the liquid turns to ice cream. Hands get really cold holding the bag, so either wrap it in a towel or use oven mitts to hold the bag while shaking.

Be careful when removing the small bag of ice cream from the larger bag. Rinse it off and be careful you don't get any rock salt in the ice cream.



Safety Tips: Try a variety of fruit in the ice cream. Ripe bananas, strawberries, blueberries, raspberries, peaches or pears all work well. Remember to wash fruit before adding to the ice cream mixture.

Nutrition Facts

Serving Size 1 bag (157g)
Servings Per Container 1

Amount Per Serving

Calories 130 Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 2.5g 11%

Cholesterol 10mg 4%

Sodium 55mg 2%

Total Carbohydrate 20g 7%

Dietary Fiber 0g 0%

Sugars 18g

Protein 4g

Vitamin A 4% • Vitamin C 2%

Calcium 10% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.