

Ice Cream in a Bag

Shake it up and dish it out!

1 serving

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

Directions: **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.

Nutrition Facts: 1 bag provides 130 calories, 4g total fat, 10mg cholesterol, 55mg sodium, 20g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Ice Cream in a Bag
Fruit
Cookie

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