

Ice Cream in a Bag

Ingredients:

- 1 tablespoon sugar
- 1/4 teaspoon vanilla extract
- 2 tablespoons soft fruit
- 1/2 cup skim milk

For the freezer bag; **not** to be eaten:

- 1/3 cup rock salt
- Ice cubes

Equipment:

- Measuring cups
- Measuring spoons
- Pint size sealable plastic bag
- Gallon size sealable plastic bag

Number of Servings: 1
 Prep Time: 5 minutes
 Total Time: 10minutes

Directions

1. Put sugar in a pint size plastic bag that zips to seal.
2. Add vanilla, soft fruit and seal.
3. Mix well by squeezing the bag with your fingers. Open carefully and add milk. Mix well again and seal.
4. Open a gallon size plastic bag. Add rock salt and fill half way up with ice. Shake to mix the salt and ice. (Do not add the salt to the ice cream mix.)
5. Place the sealed bag with the milk mixture inside the ice bag. Seal the ice bag and shake gently for 3-5 minutes until the mixture has frozen and turned to ice cream.
6. Remove the ice cream bag and rinse the salt water off the outside with cold water. Eat ice cream from bag or place in a dish to serve.

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Nutrition Facts

Serving Size: 3/4 cup	
Servings: 1	
Amount Per Serving	
Calories 94	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 2mg	1%
Sodium 64mg	3%
Potassium 245mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber trace	2%
Protein 4g	9%
Vitamin A 9%	Vitamin C 4%
Iron 0%	Calcium 15%

*Percent Daily Values are based on a 2,000 calorie diet.

TIP: If making for a crowd, place 2 or 3 ice cream bags in with ice bag and shake. Have 4 or more gallon bags of ice working at a time.

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