

## 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	
<b>Calories 94</b>	Calories from Fat 0
	%Daily Value*
<b>Total Fat 0g</b>	0%
Saturated Fat 0g	0%
<b>Cholesterol 2mg</b>	1%
<b>Sodium 64mg</b>	3%
<b>Potassium 245mg</b>	7%
<b>Total Carbohydrate 20g</b>	7%
Dietary Fiber trace	2%
<b>Protein 4g</b>	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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