

Ice Cream in a Bag

1 serving

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

To be put in outer bag:
3/8 cup rock salt
ice cubes



Put sugar in a pint zip-type bag. Add vanilla and soft fruit. Seal the bag tightly. Mix well by squeezing with your fingers, until everything is combined.

Open your bag. Add milk. Seal the bag again. Mix until everything is combined.

Open a gallon zip-type bag, and put 3/8 cup rock salt into it. **NOT IN THE SMALL BAG!** Fill the gallon bag halfway full with ice cubes.

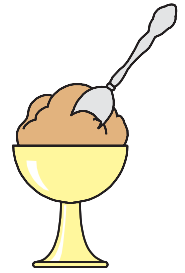
Put the pint bag inside the gallon bag and seal the gallon bag tightly. Shake the bag for 3 to 5 minutes, or until the liquid has changed to ice cream. Eat with a spoon.

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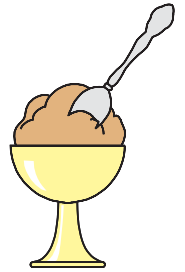
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Nutrition Facts	
Serving Size 1 cup (165g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Cholesterol 15mg	6%
Sodium 60mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber less than 1 gram	3%
Sugars 19g	
Protein 4g	
Vitamin A 4%	Vitamin C 30%
Calcium 15%	Iron 2%

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

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777



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