

ICE CREAM IN A BAG



Like us at: www.facebook.com/ClarkCoFoodSense

Learn more about growing healthy kids' at www.growhappykids.org

Supplies needed:

2 pint-size zip-lock style plastic bags

1 gallon-size zip-lock style plastic

Plastic spoons

Ingredients:

1 tablespoon sugar

½ cup milk (whole milk is best)

¼ teaspoon vanilla

ice cubes to half fill gallon bag

1/3 heaping cup rock salt

Fruit, jam, chocolate syrup (optional)

FYI: One pound of Morton Rock Salt is approximately 27 tablespoons = 1 2/3 cups.

1. Take the large bag and fill it half full of ice cubes. Add rock salt. Then zip up the bag and shake until salt is mixed in.
2. Measure out the milk, sugar and vanilla into a glass measuring cup.
3. Pour it into the small bag. Zip it and make sure the seal is good.
4. Open the large bag and put the small bag inside. (Two pint bags of ice cream fit well in the gallon bag.) Make sure it is sealed well.
5. Shake it for about 5 minutes or until the ice cream inside begins to harden.
6. Open the bag carefully, wiping the top off first.
7. Voila! Ice cream in a bag! Enjoy!



Nutrition Facts	
Serving size: 1 cup (108g)	
Servings Per Container 2	
Amount Per Serving	
Calories 124	Cal. from Fat 8
% Daily Value*	
Total Fat 1g	0%
Saturated Fat 0g	2%
Cholesterol 3mg	0%
Sodium 40mg	2%
Total Carbohydrate 27g	8%
Dietary Fiber 1g	4%
Sugars 25g	
Protein 2g	
Vitamin A 4%	Vitamin C 25%
Calcium 8%	Iron 4%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



Clark County

WASHINGTON STATE UNIVERSITY
EXTENSION

1919 NE 78th Street, Vancouver, Washington 98665

Phone: 360.397.6060

Join us online: www.clark.wsu.edu