

## 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.

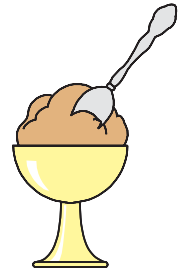
Put the pint bag inside the gallon bag and seal the gallon bag tightly. Shake the bag for 3 to 5 minutes, or until the liquid has changed to ice cream. Eat with a spoon.

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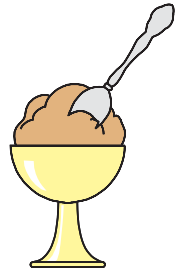
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<b>Nutrition Facts</b>	
Serving Size 1 cup (165g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4g	6%
Saturated Fat 2.5g	13%
<b>Cholesterol</b> 15mg	6%
<b>Sodium</b> 60mg	3%
<b>Total Carbohydrate</b> 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.

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