

Ice Cream in a Bag

This recipe can be made in individual serving sizes, which is ideal for COVID safety.

Recipe from Tilth Alliance
Makes 1 serving

Ingredients

3 tablespoons sugar
1 cup heavy cream
1/2 teaspoon vanilla
6 cups ice
1/2 cup rock salt

Flavor Options:

- For chocolate ice cream: add 1 tablespoon of cocoa powder.
- For fruit flavors: add 1 cup of fresh or frozen fruit. Flavor is best if fruit is pureed.

Instructions

Place sugar, cream, vanilla, and flavor options (if using) in a quart-size plastic zipper bag and seal tightly. Massage bag to mix ingredients. Place the quart-size bag inside a gallon-size zipper bag. Layer ice and rock salt around the quart-size bag and seal the gallon-size bag.

Grab the corners of the gallon-size bag, making sure to keep your hands away from the middle of the bag. Shake for approximately 10 minutes. Take the quart-size bag out of the larger bag, open and scoop out your ice cream!

Note:

- For a non-dairy ice cream, substitute full-fat coconut milk for the cream.



Photo credit: The Best Ideas for Kids website