

Homemade Ice Cream

IOWA

Student Wellness

Ingredients

1 cup milk of choice (skim, 2%, almond, coconut, etc.) 1/2 teaspoon of vanilla extract
2 tablespoons of sweetener 1 cup of finely chopped fruit (optional)



Directions

1. Place all ingredients in a pint size type bag and seal.
2. Fill a gallon size type bag halfway with ice cubes and 6 tablespoons of salt.
3. Place the pint sized bag inside the gallon size bag and seal the gallon size bag.
4. Shake vigorously for four minutes until the ice cream forms in the pint size bag.
5. Enjoy your homemade ice cream.