

Make Your Own Ice Cream!

Age Group: 8+

Materials:

- Half & half - 1 cup (or milk or non-dairy substitute)
- Sugar - 3 tablespoons
- Vanilla extract - ½ teaspoon
- Ice cubes - 12 or more cubes
- Rock salt or kosher salt - 8 tablespoons
- 1 large and 1 extra-large plastic zipper seal baggies
- Mixing bowl



Instructions:

1. Combine the half and half (or other liquid you chose) with the sugar and vanilla in the mixing bowl.
2. Take this mixture and pour into the large sized zipper seal baggie - close tightly!
3. Fill the extra-large baggie halfway with ice and then pour the salt on top.
4. Place the bag with your ice cream mixture (cream, sugar and vanilla) on top of the ice and salt. Close the extra-large baggie - make sure there are no leaks.
5. Shake for approximately 5 minutes or until the ice cream mixture freezes. This works because the salt makes the ice melt and get colder. The ice cream mixture also transfers some of its heat to the ice, which speeds up the melting and chilling process.
6. Carefully remove the bag with the frozen ice cream and enjoy your cold treat on a hot day! You can experiment with this recipe by adding other flavours to your ice cream or changing the ratios of ingredients to see if you can get your ice cream to freeze faster or slower.
7. Enjoy!