

Homemade Ice Cream

Ingredients:

1 Tablespoon sugar

1 teaspoon vanilla

1 cup half and half

**You can add 1 Tablespoon of cocoa powder, or chocolate drink mix chocolate at this point if you would like chocolate ice cream. If you prefer, add 1 tablespoon of chocolate syrup.

Place ingredients in a 1 quart-sized zip top (not sure what term you want to use, since Ziploc is a brand name) freezer bag is preferred, but a plain bag would work.

Squeeze out extra air. Seal tightly. Check seal again before adding to gallon size bag.

Place about 4 cups of ice in a gallon-sized zip top bag and 1/3 cup of rock salt.(Freezer weight is strongly recommended, as a lighter weight won't hold up as well with shaking).

Place quart-sized bag inside, add about 2 more cups of ice.

Shake for 10 minutes. You might want to wear gloves - it gets very cold!

Check ice cream. You may need to add extra ice and shake a few minutes longer. Ice cream is done when it is about the consistency of soft-serve ice cream.

When you remove the quart-sized bag, wipe it with a paper towel to dry off the salt water.

Add toppings as desired:

Sliced strawberries

Blueberries

Bananas

Sprinkles

Chocolate chips

For S'more ice cream: mix in graham cereal (or Teddy Grahams), chocolate chips and mini marshmallows.

Alternative method:

Use quart-sized zip top bag for ingredients, and place in large plastic coffee container (2 lbs or larger), that is half full of ice with 1/3 cup of rock salt. Secure lid, and shake or roll for 10 minutes.

This method may be easier for younger children.

Notes:

Freezer bags will stand up better than regular bags.

Always check the seal on the zip top bag with the mix! If it isn't tight, your ice cream will turn out salty!

You can reuse the outer bag and start another batch of ice cream right away after the first bag is done. You may need to pour off some water and add extra ice.

If ice cream is slow to set, add a bit more salt. Table salt does not work as well as rock salt.