

# sugar-free (shhh!) ice cream in a bag



## measure+pour

In a **pint sized freezer bag** have kids pour in **3/4 cup of half & half** (or substitute soy creamer), and **1 packet of stevia natural sweetener**. For **vanilla ice cream**, add **1 tsp of vanilla extract** into the bag. For **Strawberry ice cream**, use **1 T strawberry jam** and add to the bag. Push out all of the air that may be in the bag and seal it up tight!

## seal

Fill a **1 gallon Ziploc freezer bag** half full of **ice**, and add **6 tablespoons of table salt**. Place the well-sealed pint sized bag with the ice cream mixture inside the gallon-sized bag with the ice & salt. Seal the gallon sized bag very well.

## shake it up baby!

Have kids take turns shaking the bag by dancing, carefully throwing the bag back and fourth or jumping up and down! Keep shaking until the mixture is ice cream, which takes about 5 minutes. Take the pint sized bag out of the gallon sized bag of ice, snip off the corner of the ice cream bag and squeeze into a cone or cup. **YUMMY! The perfect summertime treat!**

## fyi:

**A 3/4 cup milk will make about 1 large scoop of ice cream, so double the recipe if you want more.** But don't increase the proportions more than that -- a large amount might be too big for kids to pick-up because the ice itself is heavy. Explore with fun new ice cream flavors!

## fun food facts:

Stevia is a plant (related to lettuce) native to South America. It has been used to sweeten foods and beverages for more than 200 years. **Stevia is 300 times sweeter than sugar!**

**Knock Knock!** Who's there? **Ice Cream.** Ice Cream who? **I scream so you can hear me!**



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