ICE CREAM IN A BAG

Supplies needed:
- 2 pint-size zip-lock style plastic bags
- 1 gallon-size zip-lock style plastic
- Plastic spoons

Ingredients:
- 1 tablespoon sugar
- ½ cup milk (whole milk is best)
- ¼ teaspoon vanilla
- ice cubes to half fill gallon bag
- 1/3 heaping cup rock salt
- Fruit, jam, chocolate syrup (optional)

FYI: One pound of Morton Rock Salt is approximately 27 tablespoons = 1 2/3 cups.

1. Take the large bag and fill it half full of ice cubes. Add rock salt. Then zip up the bag and shake until salt is mixed in.
2. Measure out the milk, sugar and vanilla into a glass measuring cup.
3. Pour it into the small bag. Zip it and make sure the seal is good.
4. Open the large bag and put the small bag inside. (Two pint bags of ice cream fit well in the gallon bag.) Make sure it is sealed well.
5. Shake it for about 5 minutes or until the ice cream inside begins to harden.
6. Open the bag carefully, wiping the top off first.
7. Voila! Ice cream in a bag! Enjoy!

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Calorie Count</th>
<th>Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Protein</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Calcium</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup (103g)</td>
<td>124</td>
<td>0g</td>
<td>0g</td>
<td>0g</td>
<td>0g</td>
<td>27g</td>
<td>1g</td>
<td>25g</td>
<td>4%</td>
<td>25%</td>
<td>8%</td>
<td>4%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>25g</td>
<td>25g</td>
<td>4g</td>
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<tr>
<td>2,500</td>
<td>30g</td>
<td>30g</td>
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<tr>
<td>2,000</td>
<td>25g</td>
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</tr>
<tr>
<td>2,500</td>
<td>30g</td>
<td>30g</td>
<td>5g</td>
</tr>
</tbody>
</table>

Calories per gram:
- Fat 9
- Carbohydrate 4
- Protein 4