

Homemade Ice Cream

Life Skills: MyPlate-Dairy

Ingredients:

- 1 Cup Half and Half
- 2 Tablespoons Sugar
- 1/2 Teaspoon of Vanilla
- 3 Cups of Ice
- 1/3 Cup of Kosher Salt
- Toppings of your choice



Directions:

- In a small Ziploc bag, combine **Half and Half, Sugar and Vanilla**. Push out excess air and seal.
- Into a larger Ziploc bag, combine **Ice and Salt**.
- Place small bag inside the bigger bag and shake vigorously, 7 to 10 minutes, until ice cream has hardened.
- Remove from bag and enjoy with your favorite ice cream toppings.