

# Be Creative - July 7, 2021



Did you know JULY is National Ice Cream Month? This may be the tastiest month of the year! While there may be plenty of tubs of ice cream in the freezer, everyone will be screaming for more after making this quick and easy single-serving homemade ice cream!

## THIS IS WHAT YOU NEED:

1  $\frac{1}{2}$  cups half and half  
1 tablespoon sugar  
 $\frac{1}{4}$  teaspoon vanilla  
 $\frac{1}{2}$  cup rock salt



3 cups ice  
1 gallon size Ziploc bag  
1 sandwich size Ziploc bag  
kitchen towel

## WHAT TO DO:

Start by filling the gallon Ziploc bag with half the ice. Sprinkle half the rock salt over the ice then place the sandwich Ziploc bag inside.

Now carefully measure and pour the half and half into the sandwich bag along with the vanilla and sugar. Make sure the top is tightly sealed!

Pack the rest of the ice around the cream-filled baggie and then sprinkle with the rest of the rock salt. Close your gallon bag making sure it is tightly sealed. Wrap your bag in the kitchen towel (keeps your hands from getting cold) and get ready to shake.

### START SHAKING!

**FIVE MINUTES OF GOOD SHAKING AND YOU SHOULD HAVE CREAMY ICE CREAM INSIDE!**

You might wonder what role salt plays in the homemade ice cream making experiment. Without the salt, the ice would not dip below 32F, which isn't cold enough for making the ice cream. The freezing point of salt water is lower than regular water, so adding all that salt is an essential part of making the cold treat.

**Remove the sandwich bag from the bag of salted ice and enjoy - straight from the bag!**