

Make Your Own Easy Vanilla Ice Cream in a Bag

Eat the ice cream right out of the bag! By JOLEANB

Prep Time: About 10 minutes - Additional Time: About 10 minutes - Total time: About 20 minutes

Servings: 1 - Yield: 1 cup

Ingredients Check List:

- ¼ cup milk
- ¼ cup half-and-half
- 1 tablespoon white sugar
- ¼ teaspoon vanilla extract
- 1 cup ice cubes, or as needed
- 3 tablespoons ice cream rock salt

Directions:

Step 1:

Combine milk, half-and-half, sugar, and vanilla extract in a pint-size re-sealable plastic bag; seal tightly.

Step 2:

Put a scoop of ice, 3 tablespoons ice cream rock salt, and the bag containing the milk-cream mixture into a gallon-size re-sealable plastic bag; seal tightly.

Step 3: Rock the bag back and forth (do not shake) until contents thicken into ice cream, for about 10 minutes. Wipe salt from the top of the pint-size bag before opening to prevent salt from getting into the ice cream.

Nutrition Facts:

Per Serving: 166.7 calories; 3.8 g protein; 18 g carbohydrates; 28.5 mg cholesterol; 20978.6 mg sodium.

Note:

Nutrition data for this recipe includes the full amount of salt used for freezing. The actual amount of salt consumed is negligible. Adding additional fruits or nuts will increase the total calories accordingly.