

Ice Cream In A Bag

3 c	Ice
¼ c	Rock Salt
1	Gallon Freezer Ziplock Bag
2 T	Sugar
1 c	Skim milk
¼ t	Vanilla flavoring
1	Quart Freezer Ziplock Bag

1. PLACE ice and salt in gallon ziplock bag and SET aside.
2. PLACE sugar, milk, and vanilla in quart ziplock bag, ZIP shut. WORK ingredients with fingers until sugar is dissolved.
3. PLACE bag of milk mixture gallon bag of ice, SQUEEZING the air and ZIP shut. WORK ice and salt around the bag of mixture for 5-10 minutes, until the milk mixture forms ice cream.
4. REMOVE bag of ice cream. CUT corner of ice cream bag, EAT and ENJOY!

**You might wipe the corner of the bag clean otherwise you might get a salty taste.

Makes 2 servings

Nutrition Information: 80 calories, 0 g fat, 0 mg cholesterol, 65 mg sodium, 16 carbohydrates, 0 g fiber, 5 g protein

Chickasaw Nation Nutrition Services

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