

## Five Minute Ice-Cream

Hi Everyone!

Have you ever tried to make your own ice-cream? It's super easy and also lots of fun! Why not give it a try?

Here's what you'll need:

**Ingredients:**

½ cup whole milk

½ cup cream

¼ cup sugar

½ teaspoon vanilla extract

1 cup rock salt

Ice

Follow these steps to make delicious ice-cream!

1. Add 1/2 cup whole milk, 1/2 cup cream, 1/4 cup sugar, and 1/2 teaspoon vanilla extract to a mixing cup and stir until well combined.
2. Add the mixture to a small zipper bag. Now, this is very important. Try to use a good quality bag. You are going to shake it well for 5 minutes, be careful that the bag doesn't break!
3. Now to create the ice cream maker. You just need another zipper bag, one that is much larger than the bag with your ice cream mix in it. And you want to fill that bag with a few handfuls of ice and about half of the rock salt. The same applies here... you want a quality bag that isn't going to break easily..
4. Now place the smaller bag inside the larger bag. Cover it with more ice and rock salt.
5. Now the fun part! And, what better way to earn your ice cream than a few minutes of exercise. Wrap the bag in a towel, because it is very cold, and shake it for 5 minutes or until the liquid in the smaller bag turns into ice cream.
6. You can scoop it out but you could also eat it out of the bag. It may be easier.