



ice cream 2 ways *banana & vanilla*

SERVINGS

4

TIME

20 minutes
total

INGREDIENTS

Banana Ice Cream

- 3 frozen bananas (peel ripe bananas, place in plastic bag, and freeze)

Vanilla Ice Cream

- 1 cup cold heavy cream
- 1 cup cold whole milk
- 1/4 cup sugar
- 1 teaspoon vanilla
- pinch of salt
- 1/2 cup rock salt

These ice creams will have the same consistency as soft-serve!

DIRECTIONS

Banana Ice Cream

- Place bananas in a high-power blender. Blend until ice-cream consistency.

Vanilla Ice Cream

- Combine heavy cream, milk, sugar, vanilla, and pinch of salt in a zip-top bag. Seal tightly.
- Place inside a gallon sized zip-top bag. Add 1/2 cup rock salt, 1/2 cup water, and about 4-6 cups ice. Seal tightly.
- Shake bag continuously for about 15 minutes to make ice cream. Remove small bag and rinse the outside with cold water to remove salt.
- Cut small opening in corner of the bag and squeeze into a cup.

EQUIPMENT

Banana Ice Cream

- High powered blender + spatula

Vanilla Ice Cream

- Quart sized and gallon sized zip-top plastic bags
- Dry and liquid measuring cups and spoons

TIPS TO INVOLVE THE KIDS

- Wash your hands! Designate an area to get a bit messy. Take all ingredients and equipment out ahead of time **except** the bananas, heavy cream, and whole milk.
- For the banana ice cream, have your child break them in thirds and place them in the blender. Help them blend. Stop and scrape down the sides once or twice as you blend.
- For the vanilla ice cream, have your child measure the ingredients and pour them into the bag while you hold it. Help them close the bag tightly and place into another bag. Then, have them measure out the rock salt, water, and ice and place in the bag. Help them close it tightly. Let them toss the sealed bags back and forth with you as an alternative to shaking the bag. You may need to use oven mitts or wrap the bags in a towel if it gets too cold!

EXTRA!

- Make our hot fudge or berry sauce to go with it! It's included in the crepes recipe.

