

# Milly Cow

## Ice Cream in a Bag

Did you know that ice cream is made from milk?  
Try this simple recipe and don't forget to wear gloves to keep your hands warm!

### Ingredients

Milk (200ml)  
Sugar (1 tablespoon)  
Vanilla essence (quarter of teaspoon)  
Salt (4 tablespoons)  
Ice cubes (around 12)

### Equipment

Small zip bag  
Large zip bag  
Pair of warm gloves

### Instructions

- 1 Pour the milk in a jug
- 2 Add the vanilla essence
- 3 Add the sugar and stir well so it dissolves into the mixture
- 4 Pour the mixture into the small bag and zip it shut
- 5 Half fill the large bag with ice cubes and add the salt
- 6 Put the small bag inside the large bag, and zip the large bag shut
- 7 Shake the large bag for five minutes.  
Wear some gloves or your fingers will get cold!
- 8 Squeeze the small bag to see if the mixture has set.  
If it is still runny, shake again to thicken.
- 9 When your ice cream is set, take it out of the small bag and run under a tap to rinse off any salty water.
- 10 Put your ice cream in a bowl and eat it straight away!

