



## Freezer Bag Ice Cream

**Prep: 10 minutes • Serves: 4**

- 2 cups half & half
- ¼ cup granulated sugar
- 1 teaspoon vanilla extract
- 2 quarts ice cubes
- ½ cup kosher salt

Optional garnishes: candy pieces, chocolate chips, cookie pieces, fresh fruit and/or sprinkles

**1.** In quart-sized zip-top plastic bag, add half & half, sugar and vanilla extract; seal bag, pressing out excess air. In gallon-sized zip-top plastic bag, add ice cubes and salt. Place quart-sized bag inside of gallon-sized bag; seal bag, pressing out excess air. Shake 5 minutes or until mixture is the consistency of ice cream.

**2.** Serve topped with garnishes, if desired.

*Approximate nutritional values per serving:  
199 Calories, 12g Fat (8g Saturated), 42mg Cholesterol, 73mg Sodium,  
18g Carbohydrates, 0g Fiber, 18g Sugars, 4g Protein*

### Dietitian's Dish

> Boost the nutrients with some flavorful mix-in combinations.

- PB&J - Stir in diced strawberries and chopped peanuts, then drizzle with warm nut butter.
- Crushed raspberries, chopped dark chocolate and toasted almond slivers.
- S'mores – Shaved dark chocolate, graham cracker pieces, and finely chopped mini marshmallows.