

Instant Ice Cream



Ingredients:

- 300ml semi-skimmed milk
- 1 tbsp caster sugar
- ¼ tsp vanilla extract, 1 tsp cocoa powder or other flavouring
- 1kg ice
- 6 tbsp rock salt

You will also need:

- 2 medium zip-seal freezer bags
- 1 large zip-seal freezer bag
- sticky tape

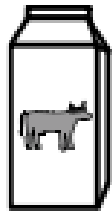
What to do:

Place the milk, sugar and vanilla / cocoa or another flavour into the doubled-up medium zip-seal bags. Close and secure with sticky tape if the seal isn't strong.

Tip the ice and salt into the large bag, then place the smaller bags inside the larger one, and seal well.

You will need to keep the bags moving for 10-15 mins to freeze the milk. Gently throw the bag from hand to hand or take turns shaking it – it's a good idea to wear gloves to keep your hands warm! **Caution** - ice and salt together can burn if left on uncovered skin for too long.

Remove the ice-cream bag, open and scoop into bowls and enjoy your seaside treat.



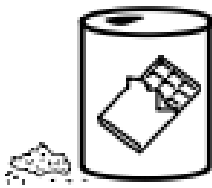
milk



sugar



vanilla



cocoa



tape



shake



ice



salt



bag