


Let's Make Ice Cream!



While you are shaking your ice cream, turn on your favorite Signing Time music and wiggle, wiggle, wiggle!

1/2 Cup Milk or Cream
1/2 tsp Vanilla
1 T Sugar
1/4 Fruit of your choice
4-6 Cups Crushed Ice
4 T Salt

Mix milk, vanilla, and sugar together in a quart size freezer baggie. Carefully squeeze all the air out and seal the bag. Place mixture inside a second quart size baggie. Again, squeeze out as much air as possible and seal tightly to prevent leaking.

Now put the smaller baggies inside a gallon size baggie and cover with ice and salt. Squeeze out as much air as possible and seal the baggie. Be sure to wear winter gloves or use a towel to massage the bag - it gets really cold. Massage the bag for 10-15 minutes. Try to keep the ice cream mixture surrounded by ice as much as possible.

Add in your favorite fruit and enjoy!