

Ice Cream in a Bag

Recipe Yield: 1 cup

Serving Size: ½ cup

Servings per Recipe: 2



You will need

1 cup	Milk, 1%, UHT
1 tablespoon	Sugar
½ teaspoon	Vanilla
3 cups	Ice
½ cup	Rock salt

Freezer zip top bags
(gallon and quart)

Measuring spoons

Measuring cups
(liquid and dry)

Dish towel (optional)

Options

For more flavors, try flavored milk like chocolate or strawberry. Top with fresh or frozen fruit like strawberries, blackberries, cherries, or peaches.

For added crunch, top with nuts or seeds.

Table salt can be used in place of rock salt, but it may take longer to make ice cream.

Nutrition Facts

Serving size	½ cup
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 5g Added Sugars	10%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 153mg	10%
Iron 0mg	0%
Potassium 185mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

What to do

1. In a quart size freezer zip top bag, pour in milk, sugar, and vanilla. Zip bag closed.
2. In a gallon size freezer zip top bag, add ice and rock salt.
3. Place quart bag on top of ice and zip gallon bag closed. Wrap gallon bag in dish towel if using, to protect hands, bag will get very cold.
4. Carefully shake bag until milk mixture freezes and becomes ice cream, about 5-10 minutes.
5. Divide into two servings, serve cold.

Add Dairy to Your Plate

The MyPlate Dairy group includes milk, yogurt, cheese, lactose-free milk, fortified soy milk, and yogurt. Dairy foods provide nutrients that help keep our bodies healthy and strong.

Foods such as cream cheese, sour cream, cream, and butter are made from milk but have little calcium and are high in fat. These foods are not part of the Dairy group.



How Much Do We Need?

The amount of protein foods we need in a day depends on our age, gender, and how physically active we are.

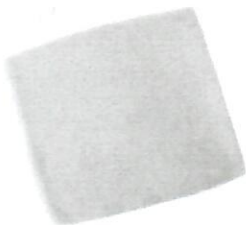
- In general, we need between 2 and 3 cups each day.
- If you are pregnant or breastfeeding, you may need more.

What Counts as a Cup?

One cup of dairy equals:



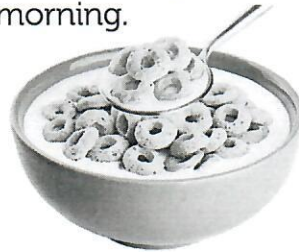
- 1 cup of milk, yogurt, or soy milk
- 1½ ounces of hard cheese (cheddar, mozzarella, Swiss, parmesan)
- ⅓ cup of shredded cheese
 - 1 ounce of processed cheese (American)
 - 2 cups of cottage cheese
- ½ cup of ricotta cheese



Add Dairy to Your Meals and Snacks

Choose a variety of milk, yogurt, and cheese.

- Include dairy in the morning.



Add low-fat or fat-free milk to your breakfast cereal or top yogurt with your favorite fruit and nuts.

- Make your own dips and dressings.

Try plain Greek yogurt in place of sour cream for dips and dressings.

- Top with cheese.
Top your eggs, salads, sandwiches, and soups with your favorite cheese.

- Drink up!
Grab a glass of low-fat or fat-free milk for a quick snack.



Health Benefits of Dairy

Dairy provides 13 key nutrients.

- Calcium helps build strong bones and teeth. It also helps maintain bone strength as we grow older.
- Vitamin D helps build and maintain strong bones.
- Potassium helps maintain healthy blood pressure.
- Low-fat and fat-free dairy foods are low in saturated fat and can help reduce the risk for heart disease.

Lactose Intolerance

- Some people are unable to digest lactose, a sugar found in milk.
- If you are lactose intolerant, try to replace milk and dairy products in your recipes. Lactose-free milk, yogurt, and cheeses may be used.
- To ensure calcium needs are met, try to eat more calcium rich foods like spinach, broccoli, canned black beans, or canned salmon.