



# Nibbles & News

The Best of Kids' Cuisine Since 2005

**Easy, Homemade  
Ice Cream**

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# SHAKE IT UP

## Homemade ice cream in a bag

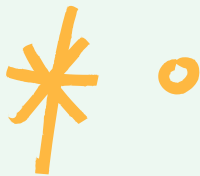
I scream, you scream, we all scream for ice cream! Chill out this summer with our delicious, easy-to-make homemade ice cream recipe kids will want to make again and again. Made in a plastic bag for less mess and easy clean-up, each serving boasts bone-building calcium and nutrients for a foundation of good health. Once the ingredients are placed in the bag, seal it tightly and get ready for some fun.

Show kids how to “shake, shake, shake” to transform the ice and cream mixture into a sweet summertime treat. Shake each bag for 5-8 minutes and get your favorite toppings ready for each child to customize their own. Berries, Oreo pieces, candy sprinkles...make it yours!



### Ingredients (makes 1 serving):

- 1 cup half and half
- 1/2 tsp vanilla extract
- 1 tbsp sugar
- 3 cups of ice
- 1/4 cup Kosher salt
- Ziploc bags: 1 small (quart size), 1 large (gallon size)
- Toppings of your choice



### Instructions

- Pour 1 cup of half and half into a small Ziploc bag.
- Add vanilla and sugar.
- Seal the bag firmly, removing any extra air.
- Fill the larger Ziplock bag 1/2 full with ice; add salt.
- Place the small bag inside the large bag; add the extra ice to the top. Seal the large bag.
- Don mittens or oven mitts to prepare for shaking! Little fingers get cold!
- This is the fun part! Enlist the kids to help shake, shake, shake the bag for approx 6-8 minutes.
- Remove the small bag from the large bag and rinse the outside of the small bag with cold water to remove the salt.
- Voila, ice cream! The ice cream will look a little icy to start - use a spoon to mix it around and soften it up a bit. Scoop out and enjoy! Don't forget to add your favorite toppings.

# SUMMERTIME POEM

Inspire their creativity and coax a giggle with this hilarious poem about kids' favorite summertime treat! Read aloud and invite kids to learn and recite.

## My Ice Cream Is Melting

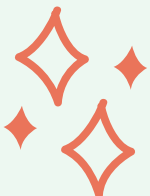
By Kenn Nesbitt

My ice cream is melting  
this hot sunny day.  
I'm licking it quick but  
it's dribbling away.

My ice cream is melting.  
It's starting to drip  
all over my fingers,  
my chin, and my lip.

My ice cream is melting.  
I can't make it stop  
It's hitting the ground with  
a splash and a plop.

My ice cream has melted  
and turned into ooze.  
It was on a cone but  
It's now on my shoes.



# Here's the Scoop: Ice Cream Art

When the temperature rises, cool off inside with an easy craft kids can make with kitchen supplies on hand! Grab colorful cupcake liners to use as the ice cream “scoops.” Press each one to flatten. Using parchment paper or paper lunch bags, cut a triangle shape for each cone. Kids can decide how many scoops they’d like for their ice cream cone and stack the cupcake liners atop each cone. Use glue or paste to secure them to a background paper of your choice. Add glitter or sprinkles to decorate. A cherry on top (cut from construction paper) completes this delicious work of art! Kids love to see their art displayed - post on the fridge for all to enjoy!



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