

KICK-THE-CAN-ICE CREAM

Recipe by Babybuttons

This is an easy way to make ice cream without an ice cream maker. I did this when i was a kid in Girl Scouts working on a cooking badge. It is fun for all the kids both big and small.

READY IN: 1hr 5mins

YIELD: 3 cups

UNITS: US

INGREDIENTS

- 1 cup whipping cream
- ½ teaspoon vanilla
- 1 egg
- ½ cup sugar
- 1 cup milk
- ice
- rock salt

NUTRITION INFO

Serving Size: 1 (655) g

Servings Per Recipe: 1

AMT. PER SERVING	% DAILY VALUE
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Calories: 481.3	
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Calories from Fat 305 g	64 %
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Total Fat 34 g	52 %
Saturated Fat 20.6 g	103 %
Cholesterol 190.6 mg	63 %
Sodium 93.4 mg	3 %
Total Carbohydrate 39.5 g	13 %
Dietary Fiber 0 g	0 %
Sugars 33.6 g	134 %
Protein 6.4 g	12 %

DIRECTIONS

You will also need: 1 lg (#10) empty (coffee can) can and 1 sm 16 oz empty (coffee can) can.

Place ingredients in small size coffee can and mix with spoon.

Seal the can with duct tape and place inside a larger size coffee can.

Surround small can with ice and layers of rock salt.

Seal large tin with duct tape.

Roll or toss can for 20-30 minutes adding ice and salt to the larger can once or twice (this may not be necessary if done outdoors in the winter).

Pack again with ice or place in freezer and let stand for 20 minutes before serving.