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National Ice Cream Day | Florida Dairy Farmers

# Make Your Own Ice Cream

National Ice Cream Day is the third Sunday in July, meaning this year it lands on July 19, 2020! In 1984, Ice Cream Day was made official to commemorate this sweet dessert enjoyed by over 90% of the American population. Did you know you could easily make some in your very own kitchen? Let's try it out!

1



## Gather materials:

- 1 Gallon Ziplock Bag
- 2 Sandwich / Quart Ziplock Bags
- ~4 Cups Ice
- 1 Tablespoon Vanilla Extract
- 2 Cups Milk (You can use Half & Half for creamier results.)
- 1/2 Cup Granulated Sugar
- 8 Tablespoons of Rock Salt / Kosher Salt (or Iodized Salt)
- **Optional:** Towel, Gloves, Large Cookie Tin
- **Additional:** Any toppings or flavors you would like to add in.

2



In the sandwich (or quart) bag, combine your milk, sugar and vanilla extract. (If you wish to add in any other flavors or toppings, do so at this time. See below for some ideas!)



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3



Remove extra air from the bag and seal it completely.

4



Place the bag into the second sandwich bag, remove any extra air and seal it completely. This is to make sure there aren't any leaks.

5



Squish and shake your bag to combine all of the ingredients.

6



Fill your gallon Ziplock bag halfway up with ice.



7



Add salt to the ice.

8



Place the bag with your milk mixture into the larger bag with ice, remove extra air and zip it shut.

9



Now it's time to shake! Shake or roll your bag until all the ingredients start freezing and becoming ice cream! This should take about 10-20 minutes.



**PRO-TIP:**

Here are some fun alternative ways to do this!

- Place the bag into a large cookie tin and roll it around the house or between your siblings.
- Wrap it in a towel and play "cold" potato with your family!



# 10



Once your ice cream is frozen, serve it and add your favorite toppings!



## FLAVOR VARIATIONS

Want to add a different flavor to your ice cream? Try adding these ingredients to the Ziplock bag in Step 1.

- **Chocolate:** 1 tablespoon chocolate syrup
- **Matcha Green Tea:** 3 tablespoons matcha powder
- **Mint Chocolate Chip:** 1 tablespoon mini semisweet chocolate chips and  $\frac{1}{4}$  teaspoon peppermint extract
- **Strawberry:** 1 tablespoon chopped strawberries



## GOING FURTHER: Why is my ice cream freezing like this?

By combining ice and salt you are actually lowering the freezing point of the ice and giving it the ability to freeze other things more easily, like your ice cream base. The small amount of water that is in your mixture will then freeze and become ice crystals. Typically, an ice cream base will contain about 60% water (including what's in your milk or cream), 15% sugar, 10% non-fat milk, and about 10-20% fat content from milk. If the sugar content seems high it's because when something is cold, it won't taste as sweet to us. More sugar than normal is added to keep it sweet. Try out your ice cream after it's melted and see if it tastes sweeter than when it's frozen!