

Still My Tessa

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Activity 2 - Making Ice Cream in a Bag

In the story, Tessa, Evelyn and their parents all stop for ice cream during their bike ride. Here's how you can make your own ice cream to share with your class, family or friends.

Ingredients

- 1 cup of half and half cream (you can also use 1/2 whole milk and 1/2 cream or Oat milk if you wish to make it dairy free. Whole milk works too, it's just not as creamy)
- ½ teaspoon vanilla extract (optional)
- 1 tablespoon sugar (if using Oat Milk you will want to use brown sugar)
- ¼ cup of salt (the type of salt doesn't matter but the chunkier the better. Kosher salt is readily available and a great choice.)
- Ice
- 1 large zip seal bag (the higher the quality the better)
- 1 small zip seal bag (the higher the quality the better)
- Warm gloves
- Fun Ice cream toppings! (syrup, sprinkles, candies, etc.)

Instructions

1. Measure the cream/milk/oat milk, sugar, vanilla (if using) and pour it into the small zip seal bag.
2. Seal the bag tightly and remove any excess air.
3. Fill the large zip seal bag halfway with ice and add the salt.
4. Place the small zip seal bag inside the large zip seal bag.
5. Fill the remaining room in the large zip seal bag with ice and seal tightly.
6. Put on the warm gloves and begin to shake the bag. You will need to shake for 6-10 minutes so it's fun to pass it around and give everyone a turn.
7. Take the small bag out of the large bag and give it a little rinse.
8. Discard the large bag and the ice.
9. Open the small bag and give the ice cream a quick mix as it may be a bit icy at first.
10. Serve the ice cream and add any special toppings you wish!

Draw a picture of your ice cream sundae!

