

Kick-the-Can Ice Cream

Makes 4 servings
Prep time: 30 minutes



INGREDIENTS:

1 cup milk (can use low-fat, fat-free, flavored)
1 cup whipping cream (can use half-and-half)
1/2 cup sugar
1 teaspoon vanilla extract
Ice
Rock salt
Large and small cans with lids
(like coffee cans, cleaned)
Duct tape

DIRECTIONS:

Pour milk, cream, sugar and vanilla into small can. Cover the can and duct tape well. Shake the can to mix. Put a layer of ice and rock salt in large can. Add small can and layer more ice and rock salt. Cover can and duct tape well. Kick or roll the can for 10 to 15 minutes. Remove the small can. Scrape the ice cream away from the side of the can. Re-tape and put back in large can with more ice and rock salt. Kick or roll for 5 to 10 more minutes. Open can, stir and serve.

VARIATIONS:

For reduced fat ice cream, use low-fat or fat-free milk and half-and-half.

For strawberry ice cream, use strawberry milk and add 1/2 cup of fresh or frozen sliced strawberries.

For chocolate chip ice cream, use chocolate milk and add 1/3 cup chocolate chips.

Enjoy!