

Making Cool 4th of July Memories



The middle of the summer brings the 4th of July and lots of family fun! It's the time we celebrate our nation with fantastic fireworks, family picnics, and backyard barbeques! Make cool new memories with this easy recipe for old-fashioned homemade ice cream.

The Inside Scoop on Making Ice Cream

- Make sure the bags are tightly closed before the tossing begins or you'll have a mess! It takes a lot of shaking and tossing before the mixture turns into ice cream! You may want to dig up those winter gloves as your hands can get COLD!
- Be careful when removing the small bag of ice cream from the larger bag. Rinse it off to prevent your ice cream from getting "salty."
- Try a variety of fruits in your ice cream such as ripe bananas, strawberries, blueberries, and diced peaches. Canned fruit can work as well. Remember to wash any fresh fruit before mixing in with ice cream mixture.
- How is ice cream made? Salt lowers the temperature at which water freezes. The ice-salt combination gets colder than just normal ice and can freeze ingredients to turn them into ice cream. Who knew science could be so delicious!

Source: Engineering Ice Cream, Agriculture in the Classroom: <https://go.unl.edu/agclassroom>. This article was written by Amy Peterson has been peer reviewed and updated in 2025. For more information check out the Food Fun for Young Children website at: <http://go.unl.edu/food-fun>

Ice Cream in a Bag

For Inside Bag

- 1 Tablespoon sugar
- ¼ teaspoon vanilla extract
- 1 – 2 Tablespoons soft fruit
- ½ cup skim or 1% milk

For Outside Bag

- ⅓ cup rock salt
 - Ice cubes
1. Wash hands with soap and water. Put sugar in quart-size freezer bag that has zip closure. Add vanilla and soft fruit. Seal the bag tightly. Mix well by squeezing with fingers until everything is combined.
 2. Open bag and add milk. Reseal bag again and mix until everything is combined.
 3. Open a gallon size freezer bag with zip closure and put in 1/3 cup rock salt. DO NOT PUT SALT IN SMALL BAG! Fill the gallon size bag halfway full of ice cubes.
 4. Put the quart bag into the gallon bag and seal shut. Shake the bag for 5 minutes or until the liquid has changed to ice cream. You can toss the bag gently with a partner to share the fun and the cold.
 5. Take quart bag out of gallon bag. Eat with spoon and ENJOY! Makes 1 serving containing 100 calories, 0g fat, 50mg sodium, 20g carbohydrate, 0g fiber, 13g added sugar, 4g protein.