



Homemade Ice cream

Ice cream makers are awesome, but if you don't have one, here are three options to allow you to make your own summertime favorite treat right in your own kitchen.

This activity is great for improving your child's **direction following skills, planning, oral motor skills, and sensory tolerance of temperatures.**

2 Ingredient Mixer Method

- 2 cups of Heavy Cream, *Chilled*
- 1 (14 oz) can of sweetened condensed milk

Whip heavy cream with a mixer until it forms stiff peaks. Then add sweetened condensed milk and whatever toppings you choose (vanilla extract, peanut butter, crushed Oreos, etc). Freeze in a container for 6 hours before serving.



Freezer Pan Method

- 1 1/4 c. of whole milk, *chilled*
- 3/4 c. granulated sugar
- 2 c. heavy cream, *chilled*
- 1 tbsp vanilla extract
- 1/4 tsp salt
- optional: Added ice cream flavors

Mix the milk, and sugar with a mixer until sugar dissolves. Then add heavy cream, vanilla, and salt until completely combined. Customize with your favorite flavors if you desire. Pour mixture into a shallow baking dish (like a brownie pan) and place in the freezer. Whisk by hand every 30 minutes, repeating the process until it forms a thickened ice cream texture. Typically 2-3 hours total. Transfer into a container and store in the freezer.



Ziploc Bag Method

- 1 c. half and half
- 1.5 tsp vanilla extract
- 1 tbsp sugar
- Ice
- 1/4 c. salt
- Ziploc bags (1 small, 1 large)

Pour half and half, vanilla, and sugar into a small Ziploc bag. Seal bag firmly and press out all excess air. Fill half of the large Ziploc bag with ice and salt. Place small bag in large bag and shake hard for about 6 minutes. We suggest shaking with gloves on, as the ice gets really cold. Take out the small bag, rinse off all salt from the outside of the bag. Open and enjoy!



Flavor/ Add-In Ideas: Peanut butter, Nutella, caramel, chocolate syrup, mini marshmallows, graham crackers, Oreos, fresh fruit, mint extract, chocolate chips, etc.