I scream, you scream, we all scream for ICE CREAM! Ice cream is a quintessential summer delight that can put a smile on anyone’s face. This frozen treat can be placed in a bowl or on a cone, and topped with a range of extra sweets — sprinkles, whipped cream, hot fudge, chopped nuts, cookie pieces, gummy bears, cherries, etc. Instead of buying a pint of ice cream, why not make your own? This recipe does not involve hours of churning and freezing, but rather can be quickly shaken up and enjoyed immediately! If your looking for a healthier frozen dessert, try the healthier alternative recipe known as “nice cream.”

**Recipe:**

**Vanilla Ice Cream in a Bag**

**Ingredients**
- 1 cup half and half (or you can use 1/2 whole milk and 1/2 cream)
- 1 1/2 tsp vanilla extract
- 1 tbsp sugar
- ice cubes
- 1/4 cup salt
- Ziploc bags (1 Small and 1 Large)
- Baking gloves

**Procedure**

1. Pour 1 cup of half and half into a small ziploc bag.
2. Add 1 1/2 teaspoons of vanilla extract and 1 tablespoon of sugar.
3. Seal the bag firmly and get any excess air out.
4. In the larger ziploc bag, fill it about 1/2 way with ice. Add 1/4 cup of salt.
5. Then add your sealed small bag into the tiger bag. Fill with extra ice on top and then seal the larger bag.
6. Get gloves for shaking and shake for 7-10 minutes. NOTE: Gloves are needed since the salt makes the ice extra cold.
7. Take the small bag out of the large bag and rinse the outside of the small bag with cold
water. Make sure to rinse out the top part of the bag also (above the seal).
8. Once done rinsing, carefully open the small bag to not get any remaining salt from the outside of the bag inside the bag.
9. The ice cream will be a little icy looking to start.
10. Use a spoon to mix it around and soften it up a bit. Scoop out and enjoy!

**Chocolate Peanut Butter Nice Cream**

**Ingredients**
- 4 frozen banana, sliced into pieces
- 3 tbsp peanut butter
- 1 tbsp cocoa powder
- 1/4 cup milk or almond milk

**Procedure**
1. Take the frozen banana slices and place them into a blender. Blend until the bananas create a soft serve-like consistency.
2. Add in the remaining ingredients. Blend everything until it is mixed well.
3. Once mixed, pour the mixture from the blender into a freezer safe container.
4. Freeze at least up to an hour before serving. Top with your favorite toppings and enjoy!
5. NOTE: if you prefer a soft-serve consistency you can eat it immediately after blending!