



## ICE CREAM IN A BAG

Remember making butter in Girl Scouts? Everyone passed around the jar of cream and gave it a good shake. After a few rounds, the cream had magically turned to butter. Here is a similar feat that not only yields dessert but exercise for the kids—ice cream in a bag. Here's how it works.

**1**

Place 3 tablespoons sugar, 1 cup light cream (half and half) and  $\frac{1}{2}$  teaspoon vanilla in a quart-size heavy zip-top plastic bag and seal.

Place that bag in a gallon size heavy zip-top bag. Layer ice and rock salt in the gallon bag and seal.

**2**

**3**

Toss the bag back and forth for approximately 10 minutes, and voila, it's ice cream. Serves 2 hot kids (or adults).

What is a chipotle and how do you pronounce it? Go to [relishmag.com/cookcabulary](http://relishmag.com/cookcabulary) to find out.