It’s the middle of the hot Oklahoma summer and what better way to cool off than with some ice cream? ONIE has a few tips on how to create your very own healthy, yummy fruit ice cream in under 10 minutes. The best part is that you don’t even need an ice cream maker, just a few zip top bags!!

We have steps on how to create two different flavors of ice cream: Strawberry Chunk ice cream and Mango, Peach, Pineapple ice cream. You can switch up which fruits you use! Try both fresh and frozen for all kinds of different flavors.

### Strawberry Chunk Ice Cream

**Utensils:**
- 1 sandwich-sized zip top bag
- 1 quart-sized zip top bag
- 1 gallon-sized zip top bag
- Measuring cups
- Measuring spoons

**Ingredients:**
- ½ cup 1% low-fat milk
- 1 Tbsp sugar
- ½ tsp vanilla
- ½ cup frozen chopped strawberries
- 4 cups ice
- 1 Tbsp salt

This material was funded by USDA’s Supplemental Nutrition Assistance Program [SNAP]. To find out more, call your local Department of Human Services (DHS) Office at 1.866.411.1877. This institution is an equal opportunity provider and employer.
Directions:

1. Add milk, sugar, vanilla, and strawberries to the sandwich-sized bag.
2. Squeeze out as much air as you can, and then seal the bag.
3. Place sandwich-sized bag into the quart-sized bag, remove air, and seal. Set aside.
4. In the gallon-sized bag, add the ice and salt.
5. Next, place the quart-sized bag into the gallon-sized bag.
6. Now for the fun part! Start shaking!!
7. Shake for 5-10 minutes. Time will vary depending on how thick you like your ice cream.
8. Remove sandwich-sized bag. Scoop ice cream into a bowl and serve.
9. Use within 1 to 2 days.
Mango, Peach, Pineapple Ice Cream

Utensils:

- 1 sandwich-sized zip top bag
- 1 quart-sized zip top bag
- 1 gallon-sized zip top bag
- Blender
- Measuring cups
- Measuring spoons

Ingredients:

- ½ cup 1% low-fat milk
- 1 Tbsp sugar
- ½ tsp vanilla
- ½ cup frozen chopped mangos, peaches, and pineapples (we used a bag of mixed frozen fruit and picked out what we wanted)
- 4 cups ice
- 1 Tbsp salt

Directions:

1. Add milk, sugar, vanilla, and fruit to blender. Blend until smooth.
2. Add blended mixture to the sandwich-sized bag.
3. Squeeze out as much air as you can, and then seal the bag.
4. Place sandwich bag into the quart-sized bag, remove air, and seal. Set aside.
5. In the gallon-sized bag, add the ice and salt.
6. Next, place the quart-sized bag inside the gallon-sized bag.
7. Now for the fun part! Start shaking!!
8. Shake for 5-10 minutes. Time will vary depending on how thick you like your ice cream.
9. Remove sandwich bag. Scoop ice cream into a bowl and serve.
10. Use within 1 to 2 days.

Tip: Blending fruit is a cool way to add it to dish. Picky eaters may not even notice that they are eating something healthy!

Now you have 2 easy recipes to have homemade ice cream at home in no time! This recipe is so simple; the kiddos can get help make the ice cream. Making 10 Minute Fruit Ice Cream is a great family activity to do together!

Stay Cool!

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