

Whip Up Delicious Homemade Ice Cream in No Time!

September 28, 2024 / DIY / The Recipe Repository / Kitchen Science / Age- 5-16 / Homemade Bagged Ice Cream



Summer is here, which means it's ice cream season! With just simple ingredients and a bit of surprising arm strength, you can make ice cream at home! Come and try this healthy and delicious homemade bagged ice cream!

- Age:5-16
- Time: Less than 30 minutes
- Mess Level: Messy

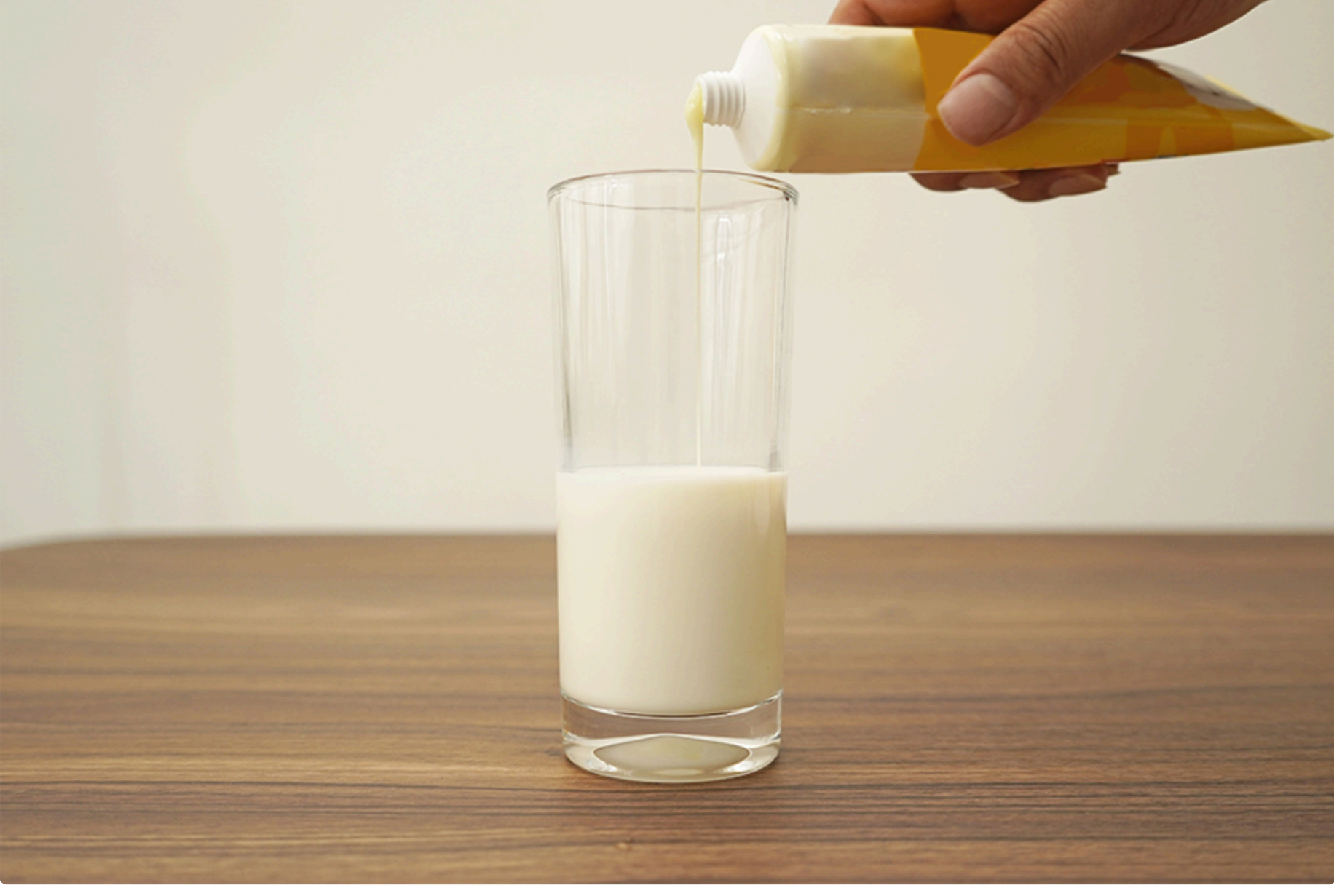
Materials Needed:

Milk
Condensed Milk
Salt
Cups
Spoons
Ice Cubes



Step-by-Step Instructions:

1. Mix the condensed milk with milk and put it in a sealable bag. Seal the storage bag tightly.



2. Fill a larger storage bag about halfway with ice cubes. Add half a cup of salt. Seal the bag and shake it thoroughly.



3. Open the ice bag and place the sealed bag containing the milk mixture inside. Press the large bag to squeeze out excess air. Seal it and shake for 5-10 minutes. When the cream mixture starts to freeze, you'll notice ice cream forming in the inner bag!



Tip

To help the mixture solidify better, you can put the entire bag in the freezer for an extra 10 minutes.

4. Remove the inner bag, pour it into a bowl, and enjoy! You can also add your favourite fruits or jam to enhance the flavour.



The Science Behind It:

The key to making ice cream in a sealed bag lies in using salt to lower the melting point of ice, creating an ultra-low temperature environment to accelerate the cooling of the ice cream, while stirring ensures a smooth texture. This method is simple and easy, combining physical and chemical principles to allow you to make delicious ice cream at home.