

## Ice Cream

You can make milk into homemade ice cream in five minutes by using a bag.

### Ingredients

- 1 tablespoon **sugar**
- $\frac{1}{2}$  cup **milk**
- $\frac{1}{4}$  teaspoon **vanilla essence**
- 6 tablespoons **rock salt**
- 1 medium plastic food storage bag
- 1 large plastic food storage bag
- ice cubes

### Method

Fill the large bag half full of ice, and add the rock salt.

Seal the bag.

Put the milk, vanilla and sugar into the small bag and seal it.

Place the small bag inside the large one and seal it again carefully.

Shake until the mixture is ice cream, which takes about five minutes.

Wipe the top of the small bag and then open it carefully.

Enjoy!

## **Strawberry and Orange Lollies**

Take your learners strawberry picking at a local fruit farm and then continue the fun in school. You will need nine plastic cups or lollipop moulds.

### **Ingredients**

- 1 pint (1 lb) **strawberries\***
- ½ cup **orange juice concentrate**
- ½ cup **sugar**
- ½ cup **plain yogurt**

### **Method**

Combine the strawberries, orange juice concentrate and sugar in a blender.

Divide the mixture into nine plastic cups\*\*.

Position a stick in the centre of each cup.

Place in a freezer.

After 4–6 hours, adjust the stick to ensure that it is upright in the centre of each lolly.

Run hot water over the cup and twist gently to remove the lollies.

\*You could substitute frozen strawberries for fresh.

\*\*You could use lollipop moulds instead of plastic cups.