

## Ice Cream Muffins

(Ice Cream Blueberry Muffins)

Make 12 muffins

### Ingredients

- 2 C. all-purpose flour
- 1 pint vanilla ice cream
- 3 t. baking powder
- 1 pint blueberries
- ¼ C. sugar

### Directions

1. Preheat oven to 375 degrees.
2. Spray 12-cup muffin pan with non-stick cooking spray.
3. Melt ice cream in the microwave for one-minute.
4. Add flour, sugar, and baking powder in a large bowl, stir together to combine.
5. Add the melted ice cream and mix with a spatula until uniform batter forms.
6. Add the blueberries and fold into batter.
7. Pour into muffin cups.
8. Bake for 18-20 minutes or until golden brown on top.
9. Cool in muffin tin for at least 5 minutes before removing them



Serving Size: 2 muffins

### Nutrition Facts:

Calories 275  
Total Fat 6 g  
Protein 6 g  
Calcium 18% Daily Value



### Tip from Coco:

Did you know that it only takes 2 days for milk to get from the farm to your grocery store?

## Ice Cream in a Bag

(Baggie Vanilla Ice Cream)

Makes 1 serving

### Ingredients

- ½ C. whole milk
- 1 T. sugar
- ½ t. vanilla
- 1 T. salt
- Ice cubes

### Supplies

- 1 small zip-lock sandwich bag
- 1 gallon-size zip-lock bag

### Directions

1. Put milk, sugar, and vanilla into small zip-lock bag. Press out as much as air as possible. Seal bag.
2. Put sealed small bag into the large bag. Add 18-20 large ice cubes and salt to the large bag. Press out as much air as possible. Seal large bag.
3. Shake/knead the bag for 8-10 minutes, making sure the ice in the big bag surrounds the small bag.
4. When soft ice cream is formed, remove the small bag. Eat right out of the bag or pour into a small bowl.



### Nutrition Facts:

Calories 125  
Total Fat 4 g  
Protein 4 g  
Calcium 14% Daily Value



### Tip from Coco:

Eat 3 dairy foods every day!