# **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
- <sup>1</sup>/<sub>4</sub> 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. Addflour, 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



## Tip from Coco:

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

• 1 small zip-lock sandwich bag

1 gallon-size zip-lock bag



Serving Size: 2 muffins Nutrition Facts: Calories 275 Total Fat 6 g Protein 6 g Calcium 18% Daily Value

# Ice Cream in a Bag

(Baggie Vanilla Ice Cream) Makes 1 serving

### Ingredients

- <sup>1</sup>⁄<sub>2</sub> C. whole milk
- 1 T. sugar
- ½ t. vanilla
- 1 T. salt
- Ice cubes

### Directions

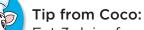
1. Put milk, sugar, and vanilla into small zip-lock bag. Press out as much as air as possible. Seal bag.

**Supplies** 

- 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 a Calcium 14% Daily Value



Eat 3 dairy foods every day!