

# Easy Tin Can Ice Cream

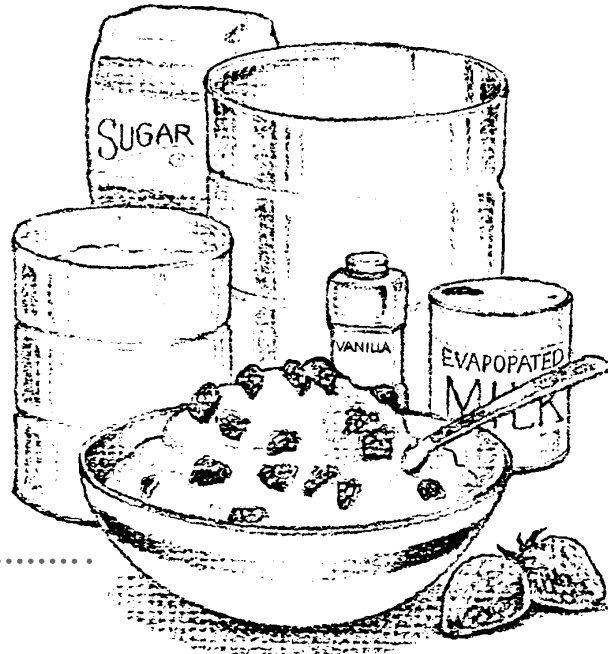


Katie says:

Easy Tin Can Ice Cream is fun to make and good for you. This recipe makes 3 cups of ice cream.

## What You Will Need

2 cups evaporated milk  
½ cup sugar  
½ teaspoon vanilla  
Chopped fruit or nuts  
1 1-pound coffee can  
1 3-pound coffee can or  
# 10 institutional pack can  
Crushed ice  
Salt (ice cream salt)  
Rubber spatula or spoon  
Clean, damp cloth



### Step 1.

Mix all ingredients well. Put them in a clean 1-pound coffee can. Place a tight-fitting plastic lid on the can.

### Step 2.

Place the 1-pound can inside a 3-pound coffee can or #10 institutional pack can.

### Step 3.

Pack crushed ice inside the larger can around the ice cream can.

### Step 4.

Pour ¾ cup of salt evenly over ice.

### Step 5.

Place a tight-fitting plastic lid on larger can.

### Step 6.

Roll the can back and forth on a table or cement slab for 10 minutes.

### Step 7.

Open the larger can and remove the ice cream can.

### Step 8.

Wipe well around the lid and remove it.

### Step 9.

Use a rubber spatula or a spoon to stir mixture and scrape the sides of the can. Replace the lid.

### Step 10.

Empty the larger can. Save the ice.

### Step 11.

Place the ice cream can back in the larger can and pack in more ice and salt.

### Step 12.

Roll the can back and forth for 5 minutes more.

### Step 13.

Remove lid and take out can with ice cream.

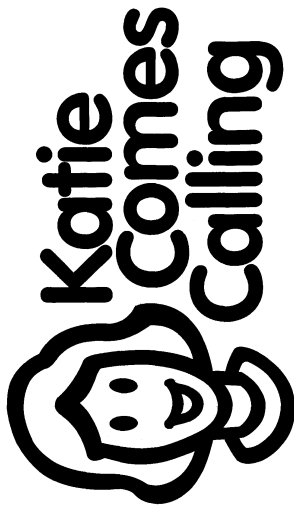
### Step 14.

Wipe well around the lid and remove it. The ice cream is ready to serve.

Dear Friend,

Katie comes to you from your county Extension office.  
We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

*Katie*



### The Scoop on Ice Cream

- It is a popular milk food.
- It is used for desserts and snacks.
- It contains some riboflavin.
- 1½ cups of ice cream have about the same protein and calcium as 1 cup of milk.
- Add nuts to ice cream for protein and fiber.
- Add fruit to ice cream for Vitamins A and C and fiber.



*Evelyn F. Crayton*

Evelyn F. Crayton, *Extension Foods & Nutrition Specialist*

Your County Extension Agent can tell you more about this and can help you in other ways too. Call or write: