

Recipe

Mason Jar Ice-Cream (no ice cream maker necessary)

Ingredients

For 1 - 2 servings use:

1 cup heavy cream

2 Tbl. granulated sugar

1/2 tsp. vanilla extract

Other ingredients can be added to create different flavors. See following Chef's notes for directions.

Directions

- Add 1 cup heavy cream, 2 Tbl. sugar and 1/2 tsp. vanilla extract to a 16 oz Mason or Ball jar (A wide mouth jar works particularly well for serving.)
- Screw the lid on tightly and shake the ingredients in the jar by hand for about 4 minutes, or until the cream starts to thicken and almost doubles in volume.
- The cream should easily coat the back of a wooden spoon for testing. (Do not over-shake)
- Freeze the cream in the jar for approximately 4 hours or until hardened.
- Notes on adding other ingredients for different flavors follow.

Chef's Notes

This is a great project for kids, and might be one of the easiest recipes around. Get the whole family involved. Especially use children for the shaking part.



Double, triple, quadruple the recipe and so on. Use several jars and give one to each kid or adult kid to shake.

If you are wanting to make different flavors, add the other ingredients about halve way through shaking process.

Suggested ingredients:

strawberry jam (& other jam flavors)

chocolate syrup

mini marshmallows, chocolate flakes & nuts (for Rocky Road)

mint extract/oil and chopped chocolate chips

caramel syrup & sea salt

sprinkles of any kind

chopped up Oreos or other cookies

...or any combination.

Just add the desired amount half way though shaking process and continue shaking until thickened.

