Zip-lock Ice Cream - Using Milk

Ingredients:

- ½ cup milk (it doesn't matter what kind: whole, semi, chocolate, etc.)
- 1 Tablespoon (tbsp.) sugar
- ¼ teaspoon vanilla (you might try other flavourings)

\+ 6 Tbsp. salt + Ice + medium zip-lock bag + large zip-lock bag

Method:

1) Add these to a medium size zip-lock freezer bag and zip shut.
2) Place that bag in a larger zip-lock bag.
3) Add ice to fill bag ½ way, 6 tbsp. salt.
4) Zip that one shut and shake, turn, toss, and mix the bag.
5) In about 5-10 minutes you will have cold hands and yummy ice cream.

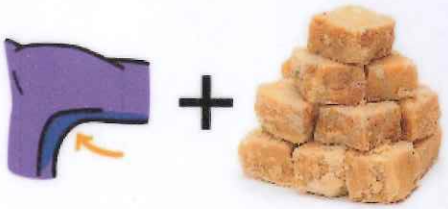
Warnings:

- Don't double this it doesn't seem to work.
- Be sure you get all the salt off the small bag before you open it.

Armpit Fudge

Ingredients: (single serve version)

- ½ cup icing sugar
- 1 Tbsp (tablespoon) butter
- 2 tsp (teaspoon) cream cheese
- dash of vanilla essence
- 2 tsp (teaspoon) cocoa



What to do:

1) Place all ingredients in a sandwich-size plastic zipper-bag (Ziploc™ etc).
2) Squeeze out all the air (you might find a straw helpful to suck out the air).
3) Squish and moosh (under the arm!) the bag until all the ingredients are well mixed and there is a creamy consistency.
4) Take out a spoon and enjoy.

Variations: Add any favourite flavours or other stuff (raisins, M&M's, peanut butter, chopped nuts, etc).