

TIN CAN ICE CREAM

1 cup milk * 1/2 cup sugar * 1 cup whipping cream * 1/2 tsp. vanilla * 1/2 cup finely chopped fruit, as desired * one three-pound coffee cans with tight-fitting lids * wide masking or duct tape * crushed ice * rock salt

- 1) Combine milk, sugar, whipping cream, vanilla, and fruit, mixing to blend.
- 2) Place mixture in the one-pound coffee can, putting the lid on and taping securely. Place can containing mixture inside the three-pound coffee can.
- 3) Pack crushed ice in the space between the larger and smaller cans. Pour at least 3/4 cup rock salt evenly over the ice, cover with lid, and tape securely.
- 4) Roll can back and forth on a long table for 10 minutes.
- 5) Open the larger can and remove smaller can inside.
- 6) Stir ice cream mixture, scraping the sides of the can. Replace lid, and re-tape.
- 7) Drain melted ice, insert ice cream can, and repack with ice and salt, replace lid and re-tape. Roll back and forth for another 10 minutes.
- 8) Remove smaller can, rinse and dry can thoroughly, and serve ice cream.

YIELD: 3 cups (6 - 1/2 cup servings)

Per Serving - 240 calories, 16 g fat, 59 mg chol, 22 g, carbo, 2 g protein