

SLOW DOWN

AND ENJOY YOUR SUMMER.

SuperSib!



SuperSibs 

Supporting Siblings of Children with Cancer

Make Your Own *ice cream!*



Journal Prompt

What are some things you do to cool down?
Write or draw your answers in your journal!

You'll need:

- 1 gallon-sized ziplock bag
- 1 sandwich-sized ziplock bag
- 1 tablespoon sugar
- 1/2 cup of milk or of half-n-half
- 1/4 teaspoon of vanilla
- 1/3 cup of rock salt
- Ice (crushed is best)

Instructions:

1. In the sandwich bag, mix the sugar, milk and vanilla.
2. Seal the sandwich bag tight, removing as much air as possible.
3. Fill half the gallon bag with ice and the rock salt.
4. Put the sandwich bag in the gallon bag, removing as much air as possible, and zip closed.
5. Shake the bag for 5-10 minutes until the liquid mixture becomes solid.
6. Remove the sandwich bag, empty the ice cream into a bowl and add your favorite toppings before you enjoy!



With a parent's permission, share a photo of your frozen treat with us at SuperSibs@AlexsLemonade.org to win a prize!

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[SuperSibs.org](https://www.SuperSibs.org)