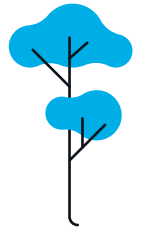


DID YOU KNOW?

- The average dairy cow will produce enough milk during her lifetime to make more than **9,000 GALLONS OF ICE CREAM.**



The average American eats more than **140 SCOOPS OF ICE CREAM PER YEAR.**



- **THE LARGEST ICE CREAM SUNDAE** in history weighed more than 24 tons.



NATIONAL ICE CREAM DAY is always celebrated on the third Sunday in July.



87% OF AMERICANS have ice cream in their freezer right now.



CHOCOLATE ICE CREAM was actually invented before vanilla.



1 IN 5 PEOPLE share ice cream with their pets.

Missouri's official **STATE DESSERT** is the ice cream cone.



The ice cream cone was **INVENTED IN ST. LOUIS** at the 1904 World's Fair.



The average American eats about **4.8 PINTS OF ICE CREAM PER YEAR.**

- **12 POUNDS OF MILK** are used to make one gallon of ice cream.



Approximately **9% OF MILK PRODUCED** is used to make ice cream.

The official term for brain freeze is **SPHENOPALATINE GANGLIONEURALGIA**



In 1984, President Reagan designated July as **NATIONAL ICE CREAM MONTH.**

Eating a single ice cream cone takes an average of **50 LICKS.**



The Nutrition Education People
stldairyCouncil.org

MAKE YOUR OWN ICE CREAM AT HOME!



INGREDIENTS

BASE ICE CREAM:

- 2 cups whole milk
- 1/2 cup granulated sugar
- 1 tablespoon vanilla extract
- 10 cups ice
- 8 tablespoons rock salt

MINT CHOCOLATE CHIP ICE CREAM:

- 1 tablespoon mini semisweet chocolate chips
- 1/4 teaspoon peppermint extract

CHOCOLATE ICE CREAM:

- 1 tablespoon unsweetened cocoa powder

STRAWBERRY ICE CREAM:

- 1 tablespoon chopped strawberries (from about 2 strawberries)



DIRECTIONS

1. Stir the milk, sugar, and vanilla together in a medium bowl. Pour 1/2 cup of the mixture into a sandwich-size resealable plastic bag. Make vanilla ice cream or add in your desired flavors to make mint chocolate chip, chocolate, or strawberry ice cream. Tightly seal the bag. Put that bag into another sandwich-size resealable plastic bag and tightly seal. Repeat with the remaining batter and desired flavors.

2. Place the ice and salt into a 4-quart food storage container or bag. Put the filled bags into the container and secure the lid. Shake the container until the mixture is frozen and resembles ice cream (about 5 minutes). Remove the bags with the ice cream in them from the outer bag and snip a large piece off one corner of each bag. Pipe the ice cream into small bowls.