



Mango Peach Ice Cream

CULINARY RECIPE

DESCRIPTION

School is out and summer is here! Enjoy the summer by learning how to make your own healthy homemade ice cream. This activity will blend together science, culinary arts, and physical movement to keep you learning, physically active, and cool in the summer.

Use this step-by-step guide to make a refreshing and nutritious ice cream using fruits. Explore science as you learn how to generate cold temperatures using rock salt. And use physical movement to churn ingredients into ice cream. Experiment with different fruits and try this recipe all summer long.

ESSENTIAL QUESTIONS

1. What are some healthy foods or drinks that can cool us down during the hot days of summer?
2. Describe how a liquid turns into a solid if we change its temperature by adding or including another ingredient.

KITCHEN UTENSILS

- chopping board
- knife
- blender
- measuring cup
- ¼ teaspoon
- tablespoon
- 1 Ziploc bag - gallon freezer size
- 1 Ziploc bag - snack size
- roll of paper towels or kitchen towel
- large spoon
- large container
- small bowl & spoon

NUMBER OF SERVINGS

1

INGREDIENTS

- 1 mango
- 1 peach
- 4 - 5 strawberries,
- 1 - 2 sprigs of mint
- 13.5 fl oz. of organic coconut cream
- ¼ teaspoon of vanilla
- 1 tablespoon of agave nectar
- 6 cups of ice
- 6 tablespoons of rock salt





RECIPE INSTRUCTIONS

PREPARATION

1. **Please note**, have an adult help you with this step: cut the mango in half, peel the skin off, then carefully cut into spears. Take the spears and any other remaining pieces and cut them into cubes.
2. Carefully cut the peach in half, then into spears, and finally into cubes.
3. Remove the green leaves from the top of the strawberries. Carefully slice off the top of the strawberry and place the flat side down on the chopping board. Cut the strawberry in half, then into fourths. Continue by cutting them into smaller pieces.
4. You can use the mint in two ways:
 - Add the mint into the ice cream mixture to give it a minty flavor. To do this, remove the leaves off the stem, stack a few of the leaves, and chop them into small pieces. Add them into the blender.
 - Add the mint as a garnish when you serve your ice cream in a bowl.



PROCEDURE

1. Add the mango, peach, $\frac{1}{2}$ cup of organic coconut cream, $\frac{1}{4}$ teaspoon of vanilla, 1 tablespoon of agave, and a little of the chopped mint (optional) into a blender.
 - Blend until all contents are smooth.
2. Carefully pour your mixture into the snack-size Ziploc bag, try not to over fill.
 - **Note:** If you have any mixture left over, fill multiple snack-size bags to make for other people.
3. Before sealing each bag, add the strawberry pieces into the mixture to create a chunky consistency. Seal the bag and check several times to ensure that it is closed properly.
4. In a large gallon-freezer Ziploc bag, add 4 cups of ice and 6 tablespoons of rock salt. Place the small bag into the larger bag and seal shut. Again, make sure to check the bag several times to ensure the bag is closed properly.
5. Use both hands to grab the corners of the bag and shake for 5-7 minutes. Observe the inside of the bag closely. Take a close look at the ice and the mixture: do you notice any changes?
 - After 7 minutes, gently squeeze the small bag to ensure the mixture has a thick consistency.
 - After you are done shaking, place the bag in the large container.





RECIPE INSTRUCTIONS

PROCEDURE CONTINUED

6. Have paper towels or a kitchen towel ready. Inside of a large container, carefully open the large bag and take out the small bag, ensure it is still closed.
 - With the paper towels, thoroughly dry the outside of the small bag. Make sure to dry the flaps of the Ziploc bag very well before opening the bag. If the flaps are not dry, some of the rock salt water might get into the mixture.
7. With a large spoon, scoop out the mixture into a small bowl and garnish with mint (optional).
Enjoy!

RESOURCES TO EXPLORE TOGETHER

1. Gerson, Fany. *Mexican Ice Cream: Beloved Recipes and Stories*. California: Ten Speed Press, 2017.
2. Olson, Andrew; Daly, Terik; and Lohner, Svenja . "Chemistry of Ice-Cream Making: Lowering the Freezing Point of Water." *Science Buddies*, 23 June 2020:
https://www.sciencebuddies.org/science-fair-projects/project-ideas/FoodSci_p013/cooking-food-science/chemistry-of-ice-cream-making.

