

Low-Point Seven-Minute Vanilla Ice Cream

Ingredients:

- 2, gallon-sized Ziploc bags
- ice cubes
- 6 Tbs table salt
- 1 cup 1% milk
- 1/2 tsp. vanilla
- 2 Tbs sugar

In one gallon-sized bag, fill it 1/3 full with ice cubes and add the salt. Set aside while you prepare ingredients in the other Ziploc bag. Add milk, vanilla, and sugar to the other Ziploc bag. Squeeze out most of the air and close tightly (so the salt doesn't seep in). Fold bag over in half and insert it into the Ziploc bag with the ice. Press out some of the air and close tightly. Shake bag vigorously for 5 to 7 minutes. Open bag of ice and remove the other bag of ice cream! Dish out ice cream with a spoon into a bowl and go crazy! Add a tablespoon of sugar-free chocolate syrup and some fun candy sprinkles if desired.

Total servings - 2 (3/4 cups)

Serving size - 1 (3/4 cup)

Points per serving - 2

Place ice cream on top of a banana, add 1 tablespoon of sugar-free chocolate syrup, a few candy sprinkles and 2 tablespoons of fat-free cool whip for a total of 4.3 points.

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"The difference between the right word and the almost right word is the difference between lightning and a lightning bug." - Mark Twain