

Day 5: Jesus' power helps us be good friends!

"Love each other in the same way I have loved you"
John 15:12

Today's lesson teaches us about how the apostles came together as a faith based, tightknit community that we call "the Church". They ate, prayed and lived as one. Sharing all they had, they worked together to realize God's kingdom here on earth.

With just a little faith, it is said, you can move mountains; and, indeed, by their strong faith, these apostles amazed everyone with some pretty wonderful miracles. With a little ice, salt and a few plastic bags, you too can perform a little miraculous thing yourself; you can freeze some cream and sugar into a scoop of tasty ice cream! Of course, you should be like the apostles of old and make sure there is enough to share!



What's the science behind our ice cream?

Salt lowers the freezing point of the ice and creates an extra-cold brine that absorbs heat from the milk mixture, causing the mixture to freeze. Why shake the bag? The constant motion creates smoother ice cream by breaking up large ice crystals and allows the ice cream to freeze uniformly.

How to make ice cream in a bag:

You need:

- 1 cup half & half
- 2 Tbsp sugar
- ½ tsp vanilla extract
- Small resealable bag (sandwich sized)
- 3 cups ice
- 1/3 cup kosher salt
- Large resealable bag
- Toppings of your choice



1. Combine half & half, sugar and vanilla in a small resealable bag. Carefully push out excess air and seal well.
2. Combine ice and salt in a large resealable bag. Place small bag inside and seal.
3. Shake it all vigorously for 10 minutes, or until ice cream has hardened.
4. Enjoy with your favorite toppings!

