

# DOLE WHIP

## Ingredients Day 1:

In the small ziploc baggie

- 1 c. **half-and-half** or **heavy whipping cream**
- 2 tbsp. **granulated sugar**
- 1/2 tsp. **vanilla extract**

In the large ziploc baggie

- 3 c. **ice**
- 1/3 c. **kosher salt**



## Ingredients Day 2:

- 2 cups **frozen pineapple**
- 4 ounces **pineapple juice**
- 1 baggie of **ice cream** (from yesterday)
- Pinch of **salt**
- 2 Tbsp **sweetener** of choice
- 1 tsp **lemon juice**

## Directions Day 1:

1. In a small resealable plastic bag, COMBINE **half-and-half** or **heavy whipping cream**, **sugar**, and **vanilla**. PUSH out excess air and seal.
2. Into a large resealable plastic bag, combine **ice** and **salt**. PLACE small bag inside the bigger bag and SHAKE vigorously, 7 to 10 minutes, until ice cream has hardened. You may want to wear oven mitts to protect your hands from the cold ice and also take turns with your lab group members.
3. REMOVE the small storage bag from the larger bag. EMPTY ice into the sink.
4. Next, CUT **pineapple** into cubes, cutting off the shell and avoiding the core.
5. PLACE cubed pineapple in your ice cream bag, CLOSE and FLATTEN the bag, label, and place in the freezer.

## Directions Day 2:

1. COMBINE all ingredients in a blender or food processor until smooth.
2. SCOOP out with an ice cream scoop, or TRANSFER to a pastry bag/storage bag and pipe out for swirly soft serve.