

Okinawan Sweet Potato Ice Cream

Age: Toddlers (18-36 months), Preschool-age (3-4 years)

This activity helps your child's development in this domain: Language and Literacy

What You Need:



- $\frac{1}{4}$ cup cooked and mashed Okinawan sweet potato
- 2 cups half and half
- $\frac{1}{2}$ cup sugar
- 1 teaspoon vanilla

What To Do:

1. Mix ingredients until well blended and pour mixture into a quart-size plastic freezer bag. Release air, seal the bag, and reinforce the seal with masking tape.
2. Fill a 3 lb. coffee can $\frac{1}{3}$ full with ice.
3. Add $\frac{1}{4}$ cup rock salt, the sealed freezer bag, and another $\frac{1}{4}$ cup of rock salt on top.
4. Place the lid tightly on the can and reinforce the seal with masking tape.
5. Sit on the floor with your child and roll the can to each other for 10 minutes.
6. After 10 minutes, empty the can. Then, repeat steps #2 - #5.
7. Now your ice cream is ready to eat! Yum! (Note: if the ice cream is not hard enough, place the bag in the freezer until it hardens).

Adapted from *Hawaiian Electric*



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