

IT'S A TREAT TO TRANSFORM OUR COMMUNITY TOGETHER!



"The principle of the Oneness of Mankind . . . implies an organic change in the structure of present-day society, a change such as the world has not yet experienced." —Shoghi Effendi

TASTY TRANSFORMATIONS

I'm having a blast with my chemistry club at school! We're exploring the chemicals that make up our awesome planet. When chemicals combine, they can make something new.

We did a tasty activity to see how this works. We mixed milk, cream, and sugar in a bag. At first, it just looked like plain milk. But then we added it to a bag of ice and sodium chloride (that's salt) and

shook it up. In minutes, it transformed into delicious ice cream! How cool is that?

It tasted so good! And it reminded me of my neighborhood. We have so many diverse friends. Everyone brings new ideas and strengths to the mix, like different ingredients. When we get together and treat each other with love, we create something new—a totally sweet community.

MAKE YOUR OWN ICE CREAM

You'll Need: 1 cup (237 mL) heavy cream, ½ cup (118 mL) milk,* ⅓ cup (66 g) sugar, pinch salt, ¼ tsp (1.2 mL) vanilla, sealable quart and gallon bags, 2 cups (577 g) coarse salt, bowl of ice cubes



1 Pour first five ingredients into quart bag. Seal securely.



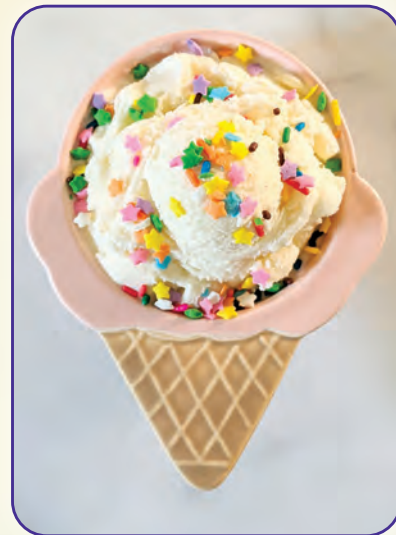
2 In gallon bag, mix ice with coarse salt. Place quart bag inside gallon bag and seal.



3 Shake gallon bag over sink for 8–10 minutes until mixture thickens, like soft serve ice cream. Remove quart bag from gallon bag. Optional: freeze for two hours for a firmer texture.



4 Remove bag from freezer and rinse with cold water to remove salt. Scoop it out and add your favorite toppings, like sprinkles, nuts, or chocolate chips.



HOW IT WORKS

The salt on the ice lowers the temperature at which water freezes. The ice-salt mixture absorbs heat from the ice cream, so the ice cream freezes as the ice melts. Shaking makes ice crystals in the ice cream smaller and mixes them with air, creating a smooth, creamy treat!