

Snow Ice Cream

By Kathy Fitzpatrick

As a child I loved the winter season so much, even shoveling was fun! It was a time for catching snow flakes on our tongues and steaming cups of hot chocolate with marshmallows and cookies right out of the oven.. A time for snow angels, snow men, ice skating and sledding down our favorite hill. It was also time for my favorite winter treat, snow ice cream. Nothing was more exciting than being asked by Mom to go out with her biggest bowl to collect only the purest of the freshly fallen snow. Once inside we watched with childish delight as she prepared our favorite wintertime treat. The following is a revision of her recipe;

Approximately one gallon of freshly fallen snow
1 organic egg or EnerG for those wishing to avoid raw eggs [makes it richer but not necessary]
1 cup of organic sugar [or stevia to taste]
1 tablespoon of vanilla
2 cups organic milk [any kind]

Optional
1/2 organic banana, mashed [for a creamier version]

Bring in the snow and add the egg, sugar and vanilla. Next slowly pour in the milk stirring until you get the desired consistency.

NOTE: To ensure the snow is clean and as contaminate free as it can be, please wait to collect the snow until it's been falling quite a while.

Kathy Fitzpatrick is a writer, activist, intuitive and naturalist who loves to dig in the dirt, eat weeds and grows her own organic herbs and veggies.