

## FUN IN THE SUN

### Improvisational Ice Cream

Heart of America Council

1 gallon-size resealable plastic bag  
8 cups ice  
1/3 cup rock salt  
1 quart-size resealable plastic bag  
1 cup whole milk or half-and-half  
1/4 teaspoon vanilla

## CUB COOKING

3 tablespoons sugar  
1/2 cup add-ins (candy, nuts, cereal, cookies, marshmallows, chocolate chunks, jam, graham cracker crumbs, peanut butter, whatever you like—be creative!)  
Clean, dry pint-size plastic container

Fill larger plastic bag with ice. Add rock salt.

Fill smaller plastic bag with milk or half & half, sugar and vanilla. Seal well.

Place the smaller plastic bag inside the larger plastic bag. Seal well. Shake until the mixture turns into ice cream (about 5 minutes).

Transfer your ice cream to your container and stir in your add-ins. Store in freezer until you're ready to eat it.

Makes about 2 cups.

### Soda Pop Pops

Heart of America Council

*Ingredients, Supplies:*

2 12-oz cans lemon-lime soda  
1 14-oz can sweetened condensed milk  
1/4 cup lemon juice  
10 wooden sticks  
10 5-oz paper cups  
Foil

In a bowl, stir together soda, condensed milk and lemon juice. Pour into the 10 cups, and cover each with a piece of foil. Make a hole in the center of the foil with a sharp knife, and then insert a wooden stick through the hole.

Freeze 4-6 hours. To serve, remove foil and tear off paper cup. Makes 10 servings.

### Hotdogs a La Bedroll

Heart of America Council

1 can refrigerator biscuits  
5 hot dogs

1 2/3 cups shredded cheddar cheese

1. Separate the dough into two biscuits for each hot dog.
2. On a piece of wax paper, press and flatten two biscuits together until the dough is large enough to wrap around a hot dog.
3. Sprinkle 1/3 cup grated cheese over the flattened dough.
4. Put a hotdog on top, and wrap the dough around it. Seal the edges of the dough by pinching them together.
5. Insert a roasting stick or skewer into each hot dog and cook over coals. Or cook on cookie sheet in a 375 degree oven until brown.

## **GORP (Good Old Raisins and Peanuts)**

Heart of America Council

1 cup raisins

1 cup peanuts

1 cup M&Ms

1 small package red hots

1 cup sunflower seeds

1 cup finely chopped dried fruit of your choice; dates, apricots, banana chips, figs, etc.

No sugar or flavoring is needed. Mix together. Spoon into baggies and enjoy on your hikes.

(Makes about 5 cups)

## **Edible Rocks**

Northwest Suburban Council

INGREDIENTS:

1 - 6oz. Can Evaporated Milk

1 ½ Cups Sugar

1/4 tsp. Salt

½ Cup Chopped Nuts

1 1/4 Cup Tiny Marshmallows

1 1/2 Cup Chocolate Chips

1 tsp. Vanilla

Grease an 8x8 or 9x9 inch pan. Combine evaporated milk with sugar and salt in a saucepan.

Bring to a boil. Reduce heat and simmer, stirring for 5 to 9 minutes. (This melts the rocks)

Remove from heat. Add remaining ingredients and stir gently. (Mixture of other rocks) Pour into prepared pan. Let cool / refrigerate. (The cooling down and hardening into rock)

8x8 pan makes approximately 30 1-inch squares.

## **Dreamsicles**

Northwest Suburban Council

1 6-oz can frozen juice

2 cups plain yogurt

1 tsp. vanilla

1 envelope unflavored gelatin

½ cup very hot water

1 banana

10 strawberries

8 small paper cups

8 popsicle sticks

1. Mix the yogurt, fruit juice and vanilla in a big bowl.

2. Dissolve gelatin in the hot water.

3. Add the gelatin to the vanilla, yogurt and fruit juice and stir.

4. Mash up the fruit and mix it in with the rest of the yogurt mixture.

5. Pour the mixture into eight small paper cups. Cover each cup with foil. Poke a popsicle stick through the center of the foil on each cup.

6. Freeze for 4 hours or until frozen hard.

7. Peel off paper cup and EAT!!

8 servings.

### **Fun in the Sun Slushies**

Northwest Suburban Council

2 12 oz cans of frozen juice concentrate, thawed, any flavor

1 32 oz bottle clear soda (7-U., ginger ale, or Mountain Dew)

Small paper cups or zip-top freezer bags (sandwich size).

1. Mix together the thawed juice concentrate with the soda.
2. Ladle  $\frac{1}{2}$  cup of the mixture into each paper cup or zip-top bag.
3. Place in the freezer for at least 30 minutes.

Makes approximately a dozen treats.

### **Quick Fruit Dip**

Northwest Suburban Council

This tastes good on a sunny day. And it's easy to make too.

1 cup plain yogurt

2 Tbs. brown sugar

Fruit (apple wedges, strawberries, grapes, banana slices, pineapple chunks)

Mix the yogurt and sugar in a small bowl.

Serve with any of the fruit above!

### **Ant on a Log**

With a butter knife, scrape a flat spot on the bottoms of 12 chocolate-covered malt balls. Next, melt  $\frac{1}{2}$  cup of chocolate chips in a double boiler or a microwave. Set four pretzel rods on a wire cooling rack to keep them from rolling and drizzle on melted chocolate. Before the chocolate sets, press three malt balls, flat side down, on each pretzel to create an body. For legs, dip the ends of six crunchy chow mein noodles into the chocolate and stick them in place. Use more chocolate to attach candy dot eyes and snapped-licorice antennae.

### **Homemade Root Beer**

Simon Kenton Council

What can taste better on a hot summer day than home made root beer? It's fun and easy to make, and will your Cubs be impressed!

Ingredients Needed:

5 gallons water

5 pounds sugar

5 pounds dry ice

1 bottle root beer extract

Instructions: Make a syrup out of 1 gallon warm water and sugar.

Add 4 more gallons of water. Stir.

Add root beer extract. Stir.

Add dry ice and leave uncovered for 30 minutes.

**\*MAKE SURE YOU LEAVE ROOM FOR IT TO EXPAND -  
USE AT LEAST A 10 GALLON CONTAINER!\***