



## BAKED ICE CREAM

### Ingredients

- 3 Eggs
- Cream of Tarter
- Salt
- Vanilla Extract
- Sugar
- Large Cookies
- Ice Cream

### Science Terms

- **Insulate** – To cover something with a material in order to block or reduce the transfer of heat.
- **Heat Energy** – The energy a substance has because of the movement of the particles that it is made of.

### Instructions

**STEP 1:** Separate the egg whites from the eggs.

**STEP 2:** Pour the egg whites,  $\frac{1}{4}$  teaspoon of cream of tarter,  $\frac{1}{4}$  teaspoon of salt, and  $\frac{1}{2}$  teaspoon of vanilla extract into a bowl. As you whisk the ingredients, slowly add 1 cup of sugar until the meringue is thick and glossy.

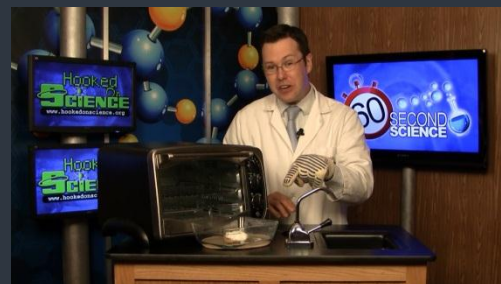
**STEP 3:** Cover a cookie sheet with aluminum foil. Place several large cookies on the cookie sheet.

**STEP 4:** Place a scoop of ice cream on each cookie. Cover the ice cream completely with meringue.

**STEP 5:** Have an adult bake the meringue covered ice cream cookies at 500 degrees for 5 minutes.

### Explanation

The meringue insulates the ice cream keeping out the heat from the oven. Therefore, the ice cream stays frozen.



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