

Organic butter made by YOU!

Make your own butter in 15-20 minutes!

It's easy and delicious

This is all you need to make an individual serving:

2 oz. Organic Valley Heavy Whipping Cream

1 pt. size glass jar with a lid

This is what you do:

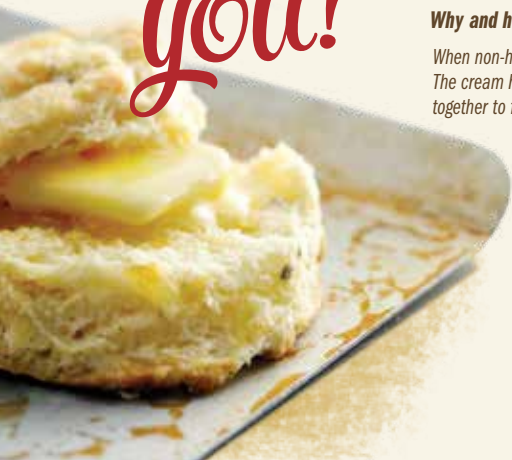
1. Pour 2 oz. of room temperature Organic Valley Heavy Whipping Cream into the jar and close lid tightly
2. **SHAKE, SHAKE, SHAKE!**
3. Stop shaking when you see two products in the jar—a ball of yellow butter and thin buttermilk. Pour off the buttermilk.
4. Mix your favorite ingredients into the butter such as herbs or salt. **Enjoy!**

Spread on your favorite bread or cracker and taste the sweet delight!

Visit us online to find recipes featuring butter
www.organicvalley.coop/recipes



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Serving suggestions:

- Refrigerate the buttermilk to use for cooking or baking—delicious in pancakes!
- For special meals, have kids or guests make the butter and form it into a fun shape for the table
- Create compound butters with special ingredients such as garlic, honey, dill, etc.

Why and how can liquid transform into a solid?

When non-homogenized milk is left to stand, it separates into skim milk and cream. The cream has proteins and fats in it. When you shake the cream, the fat sticks together to form butter, leaving behind liquid buttermilk, which contains the proteins.



Bringing *the* Good[®]