



### Family Activity: Make Your Own Butter!

Whether it's a fancy dinner party where you'll be serving rolls or baguettes or a quick weeknight meal with steamed veggies, kids can add their own fancy touch to the family dinner table by swapping out store-bought butter for this fresh version, made from scratch in just a few minutes.

#### Materials

- Carton of heavy whipping cream
- Mason jar or other container with a tight-fitting lid
- Optional mix-ins: fresh herbs, honey, cinnamon, or pinch of salt

#### Activity:

1. At the grocery store, ask your kids to help you find a carton of heavy cream. Check the labels in the dairy aisle to make sure you choose *heavy whipping cream*, not "light" cream or half-and-half. (Bonus points if it's from a local dairy!)
2. Fill the jar or container about halfway with the cream. Put the lid on **tight!**
3. Take turns passing the jar from person to person, shaking vigorously (make sure the lid doesn't come off!). Mix it up by shaking in time to a favorite song, doing a funny dance as you shake, or calling out a favorite food with each turn.
  - a. *Note: As you shake, notice how the cream changes in weight and texture. If desired, pause and unscrew the lid for a taste once you reach the stage of whipped cream. Then put the lid back on to keep shaking!*
4. After a few minutes, you will notice a lump of butter has formed in the jar and separated from the liquid, which will slosh around as you shake. The leftover liquid is called buttermilk.
5. Pour off the buttermilk and carefully turn your butter out into a bowl or dish. It's ready to serve!
  - a. *Note: If desired, once you drain the butter, you can fold in optional ingredients: minced fresh herbs, a pinch of cinnamon or sea salt, a drizzle of honey. What kind of toast, crackers, or vegetables would taste good with a little bit of this homemade butter? (Think steamed green beans with herb butter, carrots with honey butter, or toast with cinnamon butter.)*