



Kid-Made Spiced Cream Cheese Butter

By Erin Fletter

Prep Time 10 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

Equipment

- Large jar or container + tight-fitting lid
- Liquid measuring cup

Ingredients

Kid-Made Spiced Cream Cheese Butter

- 1/4 C heavy cream ******(for DAIRY ALLERGY sub softened store-bought dairy-free/nut-free butter)******
- 1 pinch ground cinnamon
- 1/4 C cream cheese, softened ******(for DAIRY ALLERGY sub dairy-free/nut-free cream cheese)******
- honey, to taste

Food Allergen Substitutions

Kid-Made Spiced Cream Cheese Butter

Dairy: Substitute softened store-bought dairy-free/nut-free butter for the heavy cream (no shaking necessary). Add the cream cheese and honey to the dairy-free butter.

Instructions

Kid-Made Spiced Cream Cheese Butter

combine + shake

Have your kids combine **1/4 cup heavy cream** and **1 pinch of cinnamon** into a plastic container or jar with a tight-fitting lid and shake, shake, shake! The butter needs to be shaken for at least 5 minutes. It will seem like it will never become butter, but stick with it! Then, when you hear a "sloshing" sound (the buttermilk separating from the butterfat), you've just made butter!

drain + stir

When the buttermilk and butter have separated, drain the buttermilk from the solid butter. Into your butter, stir **1/4 cup soft cream cheese** and a bit of **honey** to taste. Top pancakes, like our **Scrumptious No Sugar Carrot Cake Pancakes**, with your spiced butter and some extra honey, and enjoy!

Featured Ingredient: Heavy Cream!

Hi! I'm Heavy Cream!

"I'm not a lightweight, like half and half. I'm full of fat and pour out much thicker. You can also call me 'heavy whipping cream.' The names refer to the same thing! Did you know that I can transform myself with your help? I turn into a fluffy topping to put on cakes and pies when you whisk me as fast as you can (or you can use a mixer). However, I go through an even bigger change when you shake me really hard in a covered container for a few minutes—I turn into butter!"

Heavy cream is the thick, high-fat liquid at the top of raw milk. It naturally separates from the milk, rising to the top. It is skimmed off and then pasteurized to kill bacteria, which makes it safer to drink and lasts longer.

Heavy whipping cream is made up of about 36 percent fat. In comparison, regular whipping cream is 30 percent fat, and half-and-half averages to about 14 percent.

Heavy cream whips up better as a topping if the cream is cold, and pouring it into a cold mixing bowl before whipping also helps.

The Guinness World Record for the most people simultaneously whipping cream by hand is 1,434 and was set on August 22, 2015, by employees of the Swiss company Nordostmilch AG in Bürglen, Switzerland.

A dollop of whipped cream is great on fruit, cakes, and pies. The tallest recorded dollop so far was over 7 inches atop a mug of hot chocolate!

Some of the foods heavy cream is added to include cakes, frostings, ice cream, salad dressings, sauces, soups, sour cream, scrambled eggs, chocolate ganache, crème fraîche, panna cotta, and homemade cheeses.

One-half cup of heavy cream contains 43 grams of fat, 3 grams of protein, and the minerals calcium and phosphorus. It has more of the fat-soluble vitamins A, D, E, and K than lower-fat dairy products. Fat-soluble vitamins are more easily absorbed by your body when eaten with fat.

