



Homemade Cinnamon Honey Butter

What you will need:

- **Heavy Whipping Cream**
- **1 Teas. Ground Cinnamon**
- **¼ Cup Powdered Sugar**
- **A Mason Jar with Lid (Qt.)**
- **¼ Cup Honey**

Instructions:

1. Measure out all dry ingredients into your quart Mason jar.
2. Pour in the heavy whipping cream. Use enough to mix the ingredients well but leave at least 1/3 of headspace in jar to allow room to shake your cream.
3. With a wooden spoon, gently mix together cream and dry ingredients.
4. Place Mason jar lid back on jar and hand tighten.
5. Shake, Shake, SHAKE!



Leave 1/3 empty space in jar!

Be sure to check your mixture about every 5 minutes to see the developing changes!

After the first five minutes, you will probably not see any big visual changes, but keep on shaking! Ten minutes in, you might start to see your mixture turning into a whipped cream consistency, but don't stop yet! (You could take a sneaky taste test at this point, just to check on the progress!)

Signs of nearing the end include separation of mixture from sides of jar, seeing a 'clump' begin to form together in the jar, and division of milk and solids.

In all, you will probably be shaking for about 15-20 minutes before the final product is finished.

Make sure to separate your solid butter out of the liquid left over and refrigerate! **Butter should be kept in a lidded container and will keep in the refrigerator for up to 8 weeks!**



Butter at Whipped Stage



Finished Butter!

That's all there is to it! We suggest testing your butter out on other homemade goods like Banana Bread or Home Made Dinner Rolls!



Facts You Should Know: The Science Behind the Butter!

Heavy cream is the highly fatty part of milk. When you begin the process of shaking the cream, the fat molecules begin to break apart from the liquid molecules causing the separation of solids from liquids. The more you shake the cream, the more the fat molecules bind together forming a clump of butter.

The results of all the shaking forms two products: the solid product is butter and the liquid product formed is buttermilk! Both products are useable in many recipes!



**Butter Separated from
the Buttermilk**

Not a fan of flavored butter?

If you don't enjoy flavored butter, leave out the dry ingredients and use only cream in your jar. Fill jar about $\frac{1}{2}$ to $\frac{3}{4}$ of the way high with the heavy cream, tighten lid, and shake! Take it from us, it's better than store bought!

Enjoy! ~ CSU Extension Montrose County!