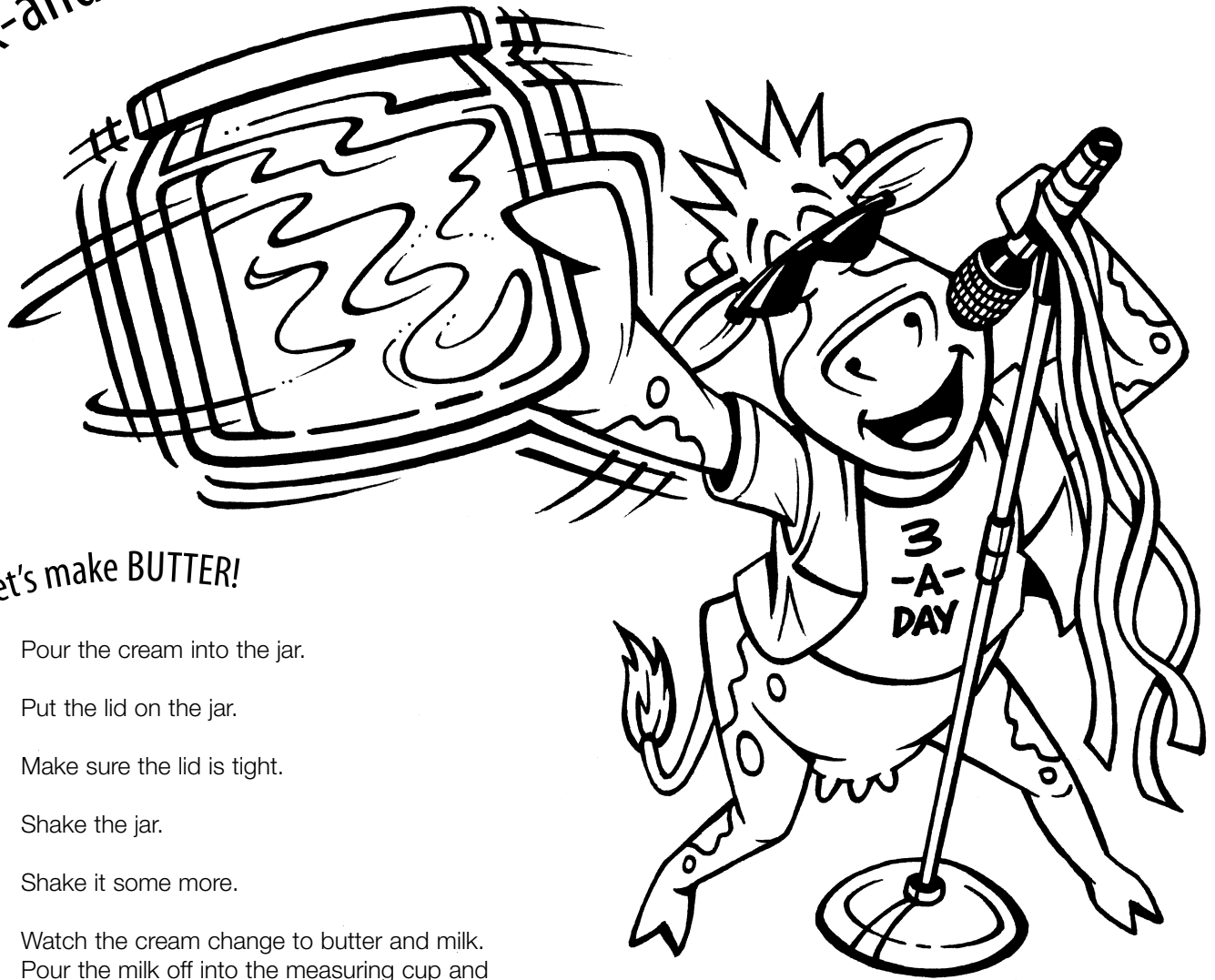


Rock-and-Roll Butter



Let's make BUTTER!

Pour the cream into the jar.

Put the lid on the jar.

Make sure the lid is tight.

Shake the jar.

Shake it some more.

Watch the cream change to butter and milk. Pour the milk off into the measuring cup and put the butter in the bowl. Add 1 cup cold water to the butter and gently mix the butter with the water. Use the wooden spoon to press the butter against the side of the bowl to remove any remaining milk and water. Pour the water off into the cup. Work the butter one more time to be sure the milk is gone. Add the salt and mix it with the butter.

Spread the butter on crackers.
Enjoy the taste of the butter!

And don't forget to drink the milk.

To make butter, we need:

- 8-ounces whipping cream
- 1 cup cold water
- 1/4 teaspoon salt (optional)
- Crackers
- Plastic jar with tight-fitting lid
- Bowl • Wooden spoon • Cup

MILK:
It Does a
Student
Body Good!

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