



# Make Your Own: Sweet & Savory



## Description

This activity developed by Tennessee 4-H'er Justin, will enable youth to make sweet and savory snacks from dairy products, while learning more about agriculture and healthy living. You will learn to make your own homemade butter and whipped cream.

### Supplies (Butter)

2 oz. Plastic  
Cups with Lids



Heavy Whipping  
Cream



Salt  
(if desired)



Crackers



### Supplies (Whipped Cream)

Measuring Cup



Vanilla  
Extract



Sugar



Whisk and  
Mixing  
Bowl



Your Choice of  
Fruit (strawberries  
and blueberries are  
recommended)



## For making butter:

1. Fill the 2 oz. plastic cup about 2/3 full of heavy whipping cream.
2. Seal the cup and shake the heavy whipping cream for 5-10 minutes, until solid butter is formed.
3. Drain the remaining liquid (buttermilk) and add salt (if desired).
4. Spread the butter on crackers and eat.

## For making whipped cream:

1. Add 2 cups of whipping cream, 1 tsp. vanilla extract, and 1-2 tbsp. of sugar into a metal mixing bowl.
2. Whip the mixture in the mixing bowl until it becomes thick.
3. Once it has reached your desired texture, add to fruit and enjoy!

Thanks to Justin, Tennessee 4-H