

## The **science** of making **BUTTER!**



In the heavy cream, the fat is dispersed in tiny globules that float in the water. This is called an *emulsion*.

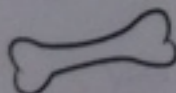
By shaking it, the fat globules hit each other to form *whipped cream*. Keep shaking and the fat globules will stick together and form chunks of *butter!*

The liquid left from churning butter is *traditional buttermilk*.

## DID YOU KNOW...?

**Buttermilk** is a good source of:

Calcium



Strong  
bones

Potassium



Healthy  
heart

Protein



Muscles,  
skin & hair

Probiotics



Healthy intestine