



Kid-Made Spiced Cream Cheese Butter

By Erin Fletter

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

Fun-Da-Mentals Kitchen Skills

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!

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.

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

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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

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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: Cream Cheese!

Hi! I'm Cream Cheese!

"I'm a soft, mildly tangy, creamy white cheese. I'm not mature like some cheeses. I'm best fresh and new. I'm similar to mascarpone, an Italian soft cheese. I'm sweetest when I'm in cheesecake or cream cheese frosting!"

Cream cheese is made from milk and cream. According to the United States Food and Drug Administration, cream cheese should have at least 33 percent milk fat and a maximum moisture content of 55 percent. It gets its slight tang from lactic acid. Lactic acid bacteria are added to pasteurized and homogenized milk. As a result, the pH level decreases as acid increases. The pH level of cream cheese should be between 4.4 to 4.9.

Cream cheese was created in 1872 by William Lawrence, a dairy farmer in New York. While making Neufchâtel, a French cheese, he added too much cream and produced a softer, smoother cheese, giving it the generic name "cream cheese." It was renamed and marketed as "Philadelphia Cream Cheese" in 1880 to associate it with the high-quality dairy products from the Philadelphia, Pennsylvania area.

Commercially-produced cream cheese includes salt, cheese culture, and a stabilizer like guar gum, carob bean gum, or xanthum gum. Cream cheese can also be made at home.

Reduced-fat versions of cream cheese are available, which should have 16.5 to 20 percent milk fat. Whipped cream cheese is a more spreadable cream cheese.

Cream cheese is a popular bagel spread, often called a "schmear," especially in New York City bagel shops. Additional toppings may include lox (brined and smoked salmon) and capers.

Cream cheese may be added to dips, frostings, sauces, mashed potatoes, soup, pastry and pie fillings, omelets, and pasta dishes. It is sometimes blended with added garlic and herbs, like chives or parsley, or flavored with fruit, like strawberries or blueberries.

One ounce or 2 tablespoons of full-fat cream cheese has approximately 99 calories with 10 grams of fat, 6

grams of saturated fat, and 90 milligrams of sodium.

Cream cheese has about 2 grams of protein, 28 milligrams of calcium, and 38 milligrams of potassium. It has 10 percent of the daily value of vitamin A and 5 percent of the daily value of vitamin B2 or riboflavin. Cream cheese is low in lactose (milk sugar) at 2 grams per ounce and may be tolerated better than other dairy products for those with lactose intolerance.