

# Homemade Butter

## INGREDIENTS

- Heavy whipping cream
- Salt
- Jar (with lid, any size, baby food jars are great)

## INSTRUCTIONS

1. **Pour heavy whipping cream** into jars no more than 3/4 the way full.
2. **Begin shaking!** And Shake and Shake. Some music to shake too makes it fun for the kids and helps pass time. Something with a fun and quick beat.
3. It takes about **5 minutes** before you notice a thickening forming in the jar. This heaviness is the beginning of the fat changing and sticking together.
4. At this point you really just have a thick whip cream in the jar. Keep shaking.
5. Another **5-10 minutes** you will notice the jar filling with the foamy cream. It feels as if there is no room in the jar as the thick Heavy Cream is aerated even more with the shaking, but **keep shaking**.
6. Keep shaking and **don't stop** you are almost done when it gets thick.
7. Don't worry if you don't think the foam is "churning" or rotating in the jar, gravity and pressure is still working to form the butter.
8. Before you know it you will see the foam separate and a thin liquid forms in the jar.
9. That thin liquid is buttermilk! The butter is in the last few moments of shaking. Keep shaking until the butter or mass inside is a consistent size.
10. At point you can **separate the buttermilk out** and you can **add a pinch of salt** which is optional. Some say the taste is different, but the main reason is to preserve the butter.

*FACILITATOR NOTE: If time does not allow have participants come back at the end of the day to sample any frozen items that were not ready at the end of the class period.*

# Fruit-Infused Water

## INGREDIENTS

- Mason Jar or pitcher
- fruit—whatever kind you like (except no bananas); make sure it's good and ripe for maximum sweetness and flavor.
- herbs—these are optional, but many herbs are a surprising complement to fruit flavors; almost any herb will work depending on your personal preference
- wooden spoon for mashing fruit and herbs
- Ice
- water—filtered water or regular tap water is fine if yours tastes good

## INSTRUCTIONS

1. **Wash** fruit, **add** to your jar, **mash** (optional for stronger flavor), **add** ice and water. Let sit for **one hour**.

## VARIATIONS

Try these and your own original combinations:

### STRAWBERRY FLAVORED WATER

- 4-6 strawberries
- 1/2 lemon, sliced
- Small handful of basil, scrunched
- Ice and cold filtered water

### WATERMELON FLAVORED WATER

- 2 slices of watermelon, cut into thirds or quarters
- Small handful of basil, scrunched
- Ice and cold filtered water

### OTHER COMBINATIONS

- Strawberry, Lemon, and Basil
- Orange and Blueberry
- Watermelon and Mint
- Citrus and Cucumber
- Strawberry, Lime, and Cucumber
- Citrus and Cilantro
- Rosemary and Grapefruit
- Raspberry, Rose Petal, and Vanilla

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# Fortune Cookies

Original recipe makes 36 servings

## INGREDIENTS

- 3 egg whites
- 3/4 cup white sugar
- 1/2 cup butter, melted and cooled
- 1/4 teaspoon vanilla extract

## EQUIPMENT NEEDED

- An oven
- An electric mixer

## INSTRUCTIONS

1. **Preheat** the oven to 375°F.
2. **Grease** cookie sheets, or line with parchment paper.
3. Have **fortunes** ready to go on small strips of paper.
4. In a large glass or metal bowl, **whip** egg whites and sugar on high speed of an electric mixer until frothy, about **2 minutes**. Reduce speed to low, and **stir** in melted butter, vanilla, almond extract, water and flour one at a time, mixing well after each. Consistency should resemble pancake batter.
5. **Spoon** the batter into 3 inch circles on the prepared baking sheets. Leave room between for spreading.
6. **Bake** for 5 to 7 minutes in the preheated oven, or until the edges begin to brown slightly.
7. Quickly **remove** one at a time, **place** a message in the center, and **fold** in half. Fold the ends of the half together into a horse shoe shape. If they spring open, place them in a muffin tin to cool until set.

# Granola

Original recipe makes 36 servings

## INGREDIENTS

- 2 and 1/2 cups old-fashioned rolled oats
- 3/4 cup slivered almonds
- 1/2 teaspoon ground cinnamon
- pinch salt (about 1/8 teaspoon)
- 1/2 cup pure maple syrup
- 1/4 cup melted coconut oil
- 1/4 teaspoon almond extract
- 1 Tablespoon vanilla extract

## INSTRUCTIONS

1. **Preheat** oven to 300F degrees.
2. **Line** a large baking sheet with parchment paper or a silicone baking mat.
3. **Toss** the oats, almonds, cinnamon, and salt in a large bowl. Set aside. In a medium bowl, **whisk** the maple syrup and coconut oil together until combined. Whisk in the almond and vanilla extracts. **Pour** over the oats and toss to coat. Make sure all of the oats are moistened.
4. **Spread** onto the prepared baking sheet and **bake** for 45 minutes, stirring every 15 minutes.
5. Allow granola to **cool** completely—the air will help the granola obtain a crunchy texture.

*Granola remains fresh in an airtight container at room temperature for up to 3 weeks.*

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# Sugar-Free Applesauce

Original recipe makes 36 servings

## INGREDIENTS

- 10 large apples, peeled, cored, and diced into 1" pieces
- 1/2 to 3/4 cups water

## EQUIPMENT NEEDED

- A crock pot

## INSTRUCTIONS

1. **Toss** the apples and water into your crock pot, and cook on high for **3-4 hours**, until it reaches your desired consistency.
2. While the sauce cooks, you'll want to **check** on it once an hour. If things are looking dry, add the extra water. It's also a good idea to stir the sauce when you check it, this prevents the sugars from the apples from sticking to the sides and bottom of the crock pot.
3. When the applesauce is done, you can either **spoon** it hot into Mason jars or let it **cool** and store it in repurposed glass jars. Do not spoon the hot applesauce into reclaimed jars! It could all work out fine, but your jars could also shatter, and you'd lose the applesauce and the jar.