



WHIPPED SHEA OLEIN BUTTER

Ingredients:

4 ounces Shea Butter
2 ounces Shea Olein

Utensils:

Glass or metal bowl (sterilized with rubbing alcohol)
Mixer (sterilize the beaters!)
Spatula

Directions:

Conventional Whipping Method:

- Place the shea butter in your bowl and begin to whip with the mixer until soft. Add the shea olein and blend until the desired consistency. You may find that the butter is stiff at first but keep mixing and it will eventually smooth out for you.

Melting Whipping Method:

- Place the shea butter in a double boiler pan over low heat and melt butter and oil together until liquid is clear. Remove from heat. Transfer the mixture to your bowl and begin whipping with your mixer until desired consistency. You may find with this method that it will take longer for the melted liquid to cool to achieve your desired consistency. A trick to speed this up is to pop your bowl into the freezer for a few minutes. Remove and begin the mixing again. Repeat as many times as necessary.

Almost Done!

When finished, be sure to keep your body butter in an airtight container (that you have sterilized!) and use every day.

Last Step

Be sure to thoroughly clean all of your bowls and utensils – the dishwasher is best – but be sure to remove all of the butter first so your lines won't clog!