



# Blue Yonder Urban Farms

<http://blueyonderurbanfarms.com>

## The Ultimate Whipped Shea Body Butter

### THE RECIPE

#### Ingredients:

- 16 oz. Unrefined Shea Butter
- 8 oz. Organic Cocoa Butter
- 8 oz. Organic Virgin Coconut Oil

#### Additional Items:

Alcohol & Paper Towels

#### Equipment:

- Double Boiler or large pot
- Stand or hand mixer
- Mixing bowl
- Measuring spoons
- Empty containers
- Spatula
- Spoon

#### Instructions:

1. Measure the fats and oils, into the mixing bowl.
2. Place mixing bowl over a double boiler or large pot of boiling water.
3. Let fats and oils melt.
4. When fats and oils are melted mix well and set aside to cool.
5. When fats are cool, start beating with mixer.
6. Start beating the mix on low and as the fats get cooler and thicker speed up the mixer, till you are able to keep it full on.
7. Use your freezer to speed up the process, it took me 5 - 3-minute episodes before my batter was cool enough to hold a whip.
8. Scrape down the sides of the bowl, place in freezer for 3 minutes, use a timer. Then mix batter for a minute or two, then back into the freezer, doing the same every time.
9. Watch the video for the exact way that I got the fats whipped...
10. Fill your jars & Enjoy!