

Buttermilk Is Better Than You Think Many people live under the misconception that buttermilk is basically a buttery, high-fat milk. This couldnt be farther from the truth. You might be surprised to learn there is no butter in buttermilk, and it is lower in fat than regular milk. Buttermilk is actually the portion left after churning butter, so there is actually no fat from the butter in the milk! Buttermilk creates the rich taste in each and every recipe, it offers a remarkably wide-range of uses in cooking and baking. From delicious chocolate buttermilk frosting to jalepeno cornbread, we offer a very wide variety of recipes. Breakfast buttermilk pancakes, and scones will give you a healthy delicious breakfast as well a healthy snack to go with your coffee or by itself afterwards. So dont neglect your watering mouth! Start living healthier and eating happier with Easy Butter Milk Recipes. Check out other books in the Easy Recipe series Easy Quinoa Recipes 2.0 Easy Apple Cider Vinegar Recipes Easy Kombucha Recipes

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