

# Have Your Butter and Eat it Too

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Here is my recipe for a simple butter blend that reduces saturated fat by 67% and comes out of the fridge soft and ready to spread.

1. Allow one stick of butter to reach room temperature,
2. Put the butter in a container,
3. Add to the butter one cup of light olive oil,
4. Blend using mixer, blender or whisk,
5. Pour into a container with a lid,
6. Let the butter blend chill and you're ready to go.