



Butter, like eggs, has been unfairly vilified by heart disease experts. Butter contains a range of short- and medium-chain fatty acids, as well as monounsaturated and polyunsaturated fatty acids. Butter is preferable to margarine, a processed product, because butter contains many healthful components, including lecithin, which helps the body break down cholesterol. It is a rich source of vitamin A, which is necessary for healthy functioning of the adrenal and thyroid glands. The vitamins A and E and the mineral selenium in butter also serve as important antioxidants in protecting against free radical damage that can destroy tissues and weaken arterial walls. The dangers associated with butter's saturated fat components have been blown out of proportion. If used in moderation (like all good things), butter is an excellent addition to the Heart-Smart Diet, especially if you add an essential fatty acid component like we do in Better Butter.

### **Butter Is Better**

The great debate over whether butter is better than margarine still exists, and it is a

travesty that butter has been unfairly demonized. Fats and oils experts, including Mary Enig, author of *Know Your Fats*, believe that butter is an important fat and one that should not be replaced by hydrogenated fats like margarine. Butter contains many healthful components, including lecithin, which helps your body break down cholesterol. It is also a rich source of vitamin A, which is necessary for the healthy functioning of the adrenal and thyroid glands. The vitamins A and E and the mineral selenium in butter also serve as important antioxidants in protecting against free radical damage that can destroy tissues and weaken artery walls.

Butter is made from cream and contains a wide range of short- and medium-chain fatty acids, as well as monounsaturated and some polyunsaturated fatty acids. The dangers of butter's saturated fat components have been blown out of proportion; remember, not all saturated fats are equal.

Natural saturated fatty acids like coconut oil and butter have vital and protective properties. While it is important to limit excess consumption of saturated fats, especially the long-chain ones found in red meat, a balanced diet should contain the beneficial saturated fats found in butter and coconut oil.

Butter is one of the few foods available in our supermarkets that still contains natural conjugated linoleic acid (an essential fatty acid with fat-burning and cancer-fighting properties).

## **Not for Cooking or Baking**

We all love the taste of butter, but we know that we should cut down on the quantity we consume. Here is a healthier form of butter that can be used as a spread or added to cooked vegetables.

## **Ingredients**

- 1 lb (500 g) salted butter
- 1 cup (250 mL) Omega Essential Balance oil, Udo's Choice Ultimate Oil Blend, avocado oil\* or any other natural cold pressed oil such as borage, flax, or pumpkin oil.

\*If using Better Butter with heat, use avocado oil as it has a high smoking point unlike the other options which oxidize in heat,

## Instructions

1. Cut butter into eight pieces.
2. Put butter and oil into the food processor and blend until smooth.
3. Spoon into covered container and refrigerate.

Not only will you have better butter, but it will remain soft in the refrigerator.

Makes 2 cups (500 mL).