

A JOCK'S GUIDE

Episode 5: Cream Cheese Icing with a Hint of Lemon

Source: Gramma Franz

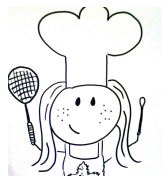
Ingredients:

- ½ cup unsalted butter (room temperature)
- ½ pound of cream cheese (227 grams)
- 2 cups icing sugar (maybe a little more to get the icing thicker)
- 1 tbsp. lemon juice

Jock's Hint: Use light cream cheese! You'll minimize the guilt as you eat this icing spoonful after spoonful, right out of the bowl.

Directions:

1. Cream butter and cream cheese in a bowl.
2. Whip in icing sugar and lemon juice using an electric mixer (or by hand or with a "Smoothie Wand")
3. Add more icing sugar, as you need it, to make your icing the perfect consistency!
4. Tricks to icing a double layer cake, watch the video at www.ajocksguide.com.



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info@ajocksguide.com

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Remember if you make it, take a pic and email it in!