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# Buttercream Frosting

*Joan Reinhold*

*Nettles Island Cooking in Paradise - 2014*

**5 tablespoons flour**

**1 cup whole milk**

**1 cup butter**

**1 cup sugar**

**1 teaspoon vanilla**

In a bowl, combine the flour and a small amount of milk to make a paste. Add the rest of the milk. Cook over medium to low heat and make a thick paste. Stir constantly. Set aside.

In a bowl, beat the sugar and butter together. Add the cooled paste mixture and beat until very smooth. Add the vanilla. Mix well.

(Awesome on a chocolate cake. Does not hold up well on a very hot day.)

## Dessert

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*Per Serving (excluding unknown items): 2705 Calories; 192g Fat (62.8% calories from fat); 14g Protein; 242g Carbohydrate; 1g Dietary Fiber; 530mg Cholesterol; 1996mg Sodium. Exchanges: 2 Grain(Starch); 1 Non-Fat Milk; 38 Fat; 13 1/2 Other Carbohydrates.*