

# Ghee



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Ghee is a **traditional Indian medicine** that is considered the most health-promoting fat there is. It is well tolerated because the milk solids are removed. It is **easy to make** at home by heating **grass-fed butter** in a sauce pan for 10 to 15 minutes until the milk solids have browned and settled to the bottom. You can filter the remaining liquid through cheesecloth into a glass container and it will keep very well. It does not need to be refrigerated and can also be used for travel and in making herbal medicine. It is often great for people who are **sensitive to dairy products**.

