



Ghee Organic Grass Fed



Our Source Organic Ghee is made in Australia and contains nothing but Organic unsalted Butter. The milk used to produce the butter in New Zealand, is certified Organic and comes from grass-fed cows. Of the highest quality, this wonderful Ghee contains no added colours, flavours or preservatives and is GMO free. Ghee originates in India, where it is still used widely today. It is a type of clarified butter that has had the milk solids and water removed. Pre-packed and ready to go, our Organic Ghee can be used to cook with and in recipes to replace butter or vegetable oil. It has a subtle buttery flavour and bright yellow colour.

How to Use:

You can use this delicious Australian made Organic Ghee to cook with in place of butter or vegetable oil. As Ghee has a high smoke point of around 250°C it is great for basting, roasting, sautéing and frying. It can also be used to mash spuds and the like, or toss steamed veggies in a little ghee and Murray River pink salt for a taste sensation. Ghee is traditionally used in many Indian recipes; to 'sweat-down' vegetables for lentil dhal, curries and soups; and as an essential ingredient in samosa pastry.

Or use this versatile fresh Ghee in baking recipes where ever vegetable oil is called for. Refrigerate after opening.

Ingredients:

Organic unsalted **Butter** (from 100% New Zealand Certified

Organic grass fed milk).

Preservative Free, Non GMO, No Added Sugar.

Allergens:

This product contains **Dairy**. This product may contain traces of other Allergens.

Storage:

Store in a cool, dry place away from direct sunlight
Refrigerate after opening.

Shelf Life:

Up to 12 months, when stored as above. See Best Before date.

NUTRITION INFORMATION		
Serving size:		
10 g		
	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	369 kJ	3690 kJ
Protein	0.02 g	<0.2 g
Fat, total	9.97 g	99.7 g
– saturated	6.8 g	68.0 g
Carbohydrates	<0.01 g	<0.01 g
– sugars	<0.01 g	<0.01 g
Sodium	<0.1 mg	<1 mg