

GHEE

Ghee is a type of clarified butter — made by heating butter and removing the water and caramelized milk solids. This leaves only butterfat behind. Substitute this nutty-tasting spread on your toast, steamed veggies, or for sautéing or baking.

LACTOSE-FREE.

Removing the milk solids means ghee is an option for those who are lactose intolerant.

AIDS DIGESTION.

Ghee is a rich source of butyric acid, which helps maintain the integrity of your intestinal wall.

COLON HEALTH.

Research shows short-chain fatty acids (such as butyric acid) can protect against damaging cell growth in the colon.



Sources:

health.clevelandclinic.org/2014/10/heart-healthy-cooking-oils-101/
aem.asm.org/content/66/4/1654.abstract