

**New Zealand Office:  
Milkio Foods New Zealand  
18 Lincoln Street, Frankton,  
Hamilton 3204, New Zealand**



## Who invented ghee?



**Who invented ghee is a trending question. Ghee is a traditional food that has been used in various cultures around the world for centuries. It is guessed that ghee first originated in ancient India, where it was used as a cooking fat and as a base for traditional Ayurvedic medicine. In ancient Hindu scriptures, Ghee is considered a sacred food in many Indian traditions.**

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## Who invented ghee?



**It is unclear who invented ghee, as it is likely that it has been made and used by different cultures for hundreds of years. However, it is clear that ghee has played a unique role in many cultures' culinary and medicinal traditions. It continues to be valued for its flavor, nutrition, and ghee health benefits.**

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# MILKIO



**You may place your order for buying Milkio Grass-Fed Ghee at  
Milkio website, click the link below for more details  
<https://milkio.co.nz/shop/>**

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# MILKIO



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Import/Buy/Distribute/Trade our Milkio ghee  
products, or for developing private label ghee  
products, or contract ghee  
manufacturing support, please feel free to contact  
us via our e-mail, we will  
be in touch with you within the next 48 hours. Let  
me know if you have any  
questions. <https://milkio.co.nz/partner-with-us/>**

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