



**New Zealand Office:
Milkio Foods New Zealand
18 Lincoln Street, Frankton,
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Which ghee is best cow or buffalo?

Which ghee is best cow or buffalo? It is challenging to determine which type of ghee is "best" because it depends on personal preference and individual dietary and health needs. Cow and buffalo ghee is made by clarifying butter, which involves melting butter slowly to separate the milk solids from the liquid butter fat. The resulting product is a clear, golden-yellow oil rich in fat-soluble vitamins and other nutrients.

Which ghee is best cow or buffalo? More insights...

A few things are here to consider when deciding between cow ghee and buffalo ghee:

- **Source: Cow ghee is made from cow's milk, while buffalo ghee is made from buffalo's milk. This may influence your decision if you prefer one type of milk over the other.**



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- **Flavor and aroma:** Cow ghee tends to have a mild, slightly sweet flavor and aroma, while buffalo ghee has a richer, savory flavor and aroma.
- **Nutritional content:** Both cow ghee and buffalo ghee have similar nutritional profiles, but there may be slight differences in the amounts of certain nutrients. For example, buffalo ghee may contain slightly more fat and calories than cow ghee.
- **Availability:** Cow ghee is more widely available than buffalo ghee, particularly in Western countries. Buffalo ghee may be more difficult to find outside certain regions where it is traditionally produced and consumed.

• Still wondering, Which ghee is best cow or buffalo? Ultimately, the choice between cow ghee and buffalo ghee comes from personal preference and individual dietary and health needs. It's vital to note that ghee is high in fat count and calories, and you should consume it in moderation.



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**You may place your order for buying Milkio Grass-Fed
Ghee at
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