



IS BUTTER CONSIDERED DAIRY?

EXPLORING THE DAIRY STATUS OF BUTTER





WHAT IS DAIRY?



Butter is made from milk, which is a dairy product. Therefore, butter is considered a dairy product, even though it contains little to no lactose.



What is Ghee?

Ghee is a type of clarified butter that is lactose-free, has a higher smoke point, and a nutty flavor. It also contains healthy fats and vitamins. Compared to butter, ghee is a healthier option for cooking and baking.



NUTRITIONAL BENEFITS OF GHEE

- Ghee contains healthy fats, vitamins A, D, E, and K.
- It promotes gut health and aids in digestion.
- Ghee can boost your immune system and reduce inflammation in the body.



HOW IS GHEE MADE?



Ghee is made by simmering butter until the milk solids separate, and then clarifying the remaining liquid. This process removes lactose and casein, making it a great option for those with dairy sensitivities.

What is butter?



Butter is a dairy product made from milk or cream. Therefore, butter is considered a dairy product and contains milk proteins and lactose.

NUTRITION IN BUTTER

Butter is made from cream, which is a dairy product. It is high in saturated fat and calories but contains some vitamins and minerals. Enjoy in moderation.



IS BUTTER DAIRY?

Butter is made from milk or cream and is considered a dairy product. Although it contains some milk solids, it is mostly composed of fat.





HOW TO INCORPORATE GHEE IN YOUR DIET?

Ghee is a great source of healthy fats and essential vitamins. Use it in place of butter or oil for cooking, baking, or adding flavor to dishes.

ALTERNATIVE TO BUTTER



Looking for a dairy-free alternative to butter? Try avocado, coconut oil, nut butters, or vegan butter. Each has a unique flavor and texture.



WHY CHOOSE MILKIO?

Milkio Ghee is a premium quality clarified butter made from grass-fed cow's milk. Our facility is also USFDA, HALAL, and KOSHER certified. We offer our Ghee in various bulk and Foodservice, and consumer packaging sizes.

THANK YOU

