



UNVEILING THE HEALTHIER
ALTERNATIVE AND GHEE'S
NUTRIENT-RICH ADVANTAGES





Introduction to Ghee

Ghee is a type of clarified butter made from heating butter and removing the milk solids, resulting in a nutty, flavorful, and nutrient-rich cooking fat.



Benefits of Ghee

Ghee is a healthier alternative to butter as it is lactose-free, rich in healthy fats, contains vitamins A, E, and K, and has a higher smoke point for cooking.

Nutritional Value of Ghee

1

Ghee is rich in fat-soluble vitamins A, D, E and K.

2

It has a high smoke point, making it a great alternative to cooking oil.

3

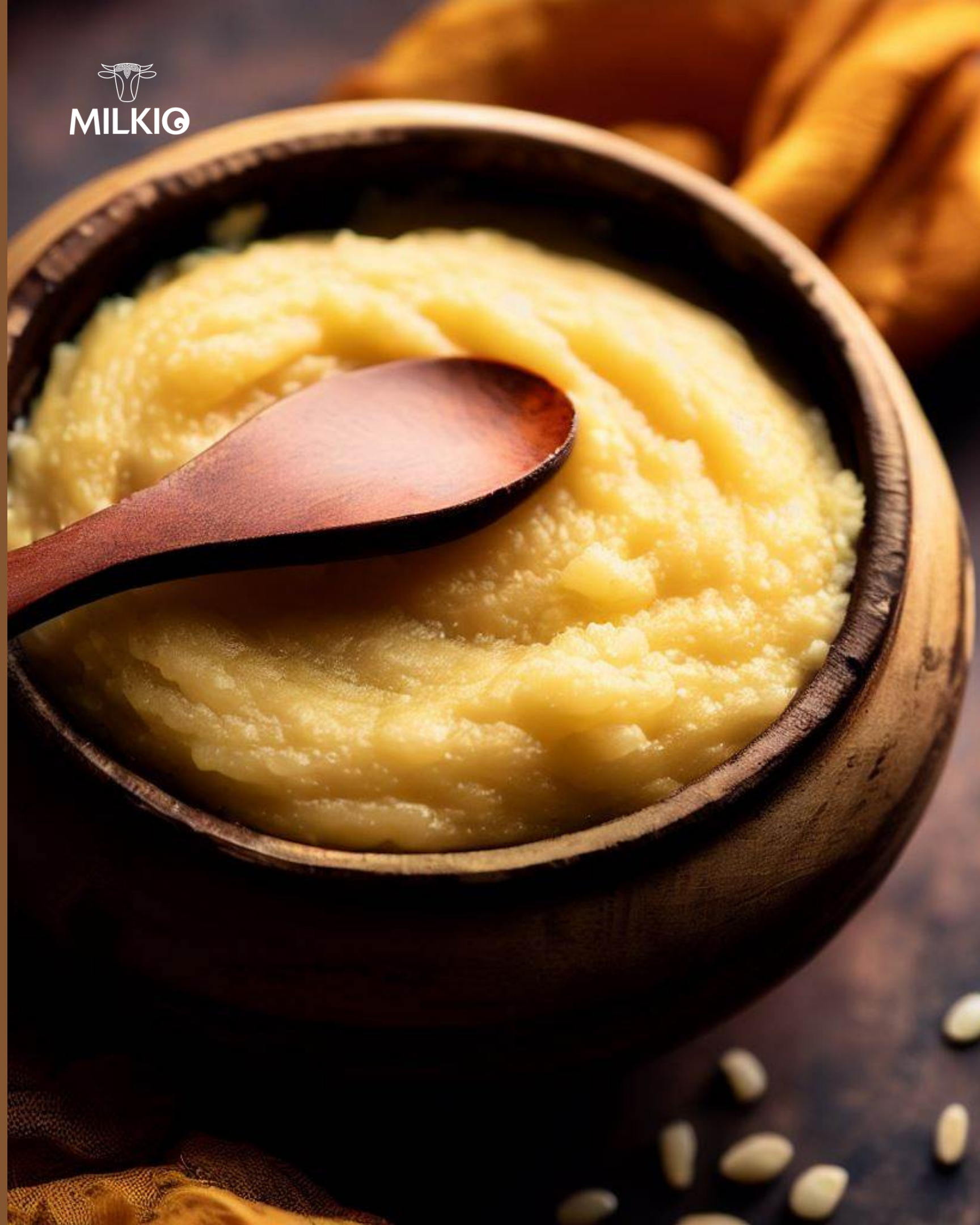
Ghee is lactose-free and has a longer shelf life compared to butter.





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.



Comparison of Ghee and Butter

- 1** Ghee is lactose-free, while butter contains lactose.
- 2** Ghee has a higher smoke point than butter.
- 3** Ghee is rich in vitamins A, E, and K2.



Applications of Ghee

Ghee is a form of clarified butter, with a nutty flavor and higher smoke point. It's rich in fat-soluble vitamins and butyric acid, which supports gut health. Ghee is a healthier alternative to butter for cooking, baking, and spreading on toast.



Where to find Milkio's Ghee?

Purchase Milkio ghee hassle-free by ordering directly from our website. Visit the Milkio website to purchase our premium ghee products and experience the convenience of online ordering.

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.



The background is a warm, golden-brown color. A diagonal shadow runs from the top right towards the bottom left, creating a sense of depth. On the right side, there is a window with a white frame, showing a dark interior. The overall mood is warm and inviting.

THANK YOU!

For learning more about healthier
alternatives and the benefits of ghee!