

Why Our A2 Grassfed Ghee?

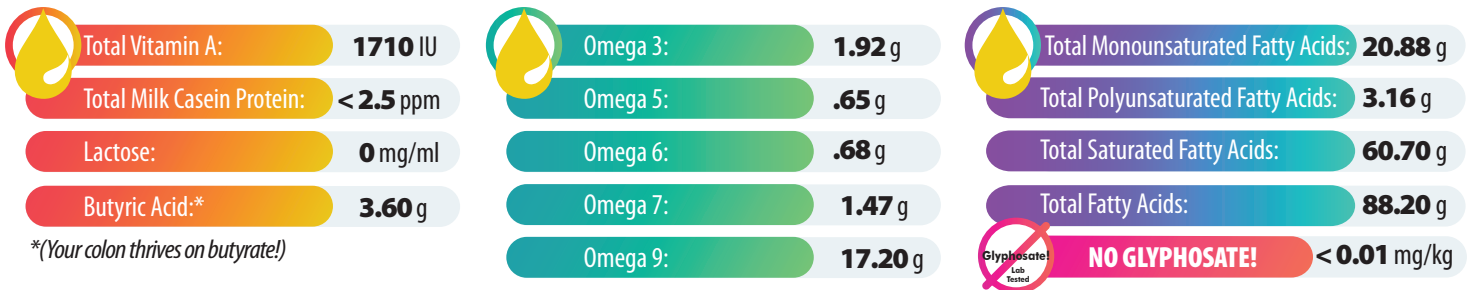
Clean, healthy, and delicious food is crucial for overall well-being! Feeling good leads to more joy and vitality in daily life. This personal philosophy directly influences our operations at Simply Ghee.

We take great care in acquiring the best butter available, sourced from a special farm here in Lancaster County, Pennsylvania. For us, "best" means non-GMO, grassfed, organic practices in place, DNA certified A2, free of toxic glyphosate (aka Roundup) and humane treatment of both animals and farmers.

Blessed with a herd of blissed-out Guernseys' we churn their sweet, sweet cream into butter. Through a slow heating process, the milk solids and moisture are cooked out, leaving behind pure golden oil. Our nutrient-dense and delicious A2 Grassfed Ghee is then poured into glass jars and sealed.

This delicious and nutrient dense fat provides many health benefits. To support our claims, find lab tested results below.

The results are based on 100 grams (roughly 1/2 cup or 8 tablespoons). Where the findings are so minimal they don't even register, the results will be listed as < number shown.



Why We Need Fatty Acids.

Fats are made of fatty acids, with a focus on polyunsaturated and monounsaturated types. Omegas 3, 5 and 6 are essential fatty acids we must obtain from food because the body cannot produce them. Omega 7 and Omega 9 are not considered essential fatty acids because

our body produces them. Yet they're important for healthy body function.

Butyric acid is the powerhouse in ghee. It feeds the good bacteria in your colon and helps your gut thrive.

10 Simple Ways to Get Started Using Ghee Daily.

Due to its high smoke point of approximately 485°F, our A2 Ghee is ideal to use in place of other fats/oils for searing, sautéing, braising, baking, roasting, and grilling. You can also spread or melt it in place of butter. It has a wonderful caramelized flavor that will keep you coming back for more. We promise you'll wanna lick the spoon!

- 1 Scramble eggs .
- 2 Spread on pancakes .
- 3 Add to oatmeal .
- 4 Blend into coffee .
- 5 Grilled cheese.
- 6 Finish a baked yam/potato.
- 7 Sear a steak.
- 8 Sauté shrimp/scallops.
- 9 Bake chicken & fish.
- 10 Finish a bowl of soup.

Top Ten Pointers

- 1 Made from 100% grassfed, organic, non-GMO, unsalted butter.
- 2 Single sourced - certified A2 herd.
- 3 Free of lactose & casein, the digestion culprits.
- 4 Natural source of butyric acid, the absorption powerhouse.
- 5 Abundance of fatty acids.
- 6 High smoke point of 485°F; reducing the harmful risk of oxidation.
- 7 Our ghee is ALIVE and freshest 3 months after opening. Eat it daily!
- 8 Store in cool and dark pantry with the lid on tight. No refrigeration needed.
- 9 Poured in GLASS jars. Hot fat and plastic are toxic partners!
- 10 MADE in the USA!