



## Ghee (Clarified Butter)

Ghee is milk fat and doesn't contain any whey, milk protein or lactose so is a great start to the GAPS diet for those sensitive to milk products.

### *Instructions:*

Get a good quality, organic unsalted butter and place in a metal dish or pan which is suitable for the oven and is deep enough that the butter won't spill out as it melts.

Pre heat the oven to between 60 - 120°C then place the butter in the dish into the oven.

Leave it for between 45-60 minutes so it's totally melted and the yellow fat is sitting on top and the white liquid is underneath.

Strain through a cheese cloth lined strainer into glass jars being careful not to collect any of the white liquid which can be discarded.

Place the jar into the fridge and use as required.

Note: If you do collect some of the white liquid don't worry, it'll sink to the bottom and you can get rid of it later.