

# Homemade Ghee

Homemade ghee is super easy to make and a great alternative to olive oil for cooking. The amount of ghee you get depends on the quality of the butter. Cheap butter contains a lot of water and chemicals and will not render a lot of ghee. When you buy butter for this recipe or if you keep butter in your house (which you probably won't need after you make this recipe) buy the best high quality grass fed butter. You know the saying, "you are what you eat." It really should be "you are what your food eats". Buying grass fed butter ensures that the cow is fed a great diet. I can go on forever on this topic but I'll spare you. Enjoy your ghee!

xoxo,  
Kristin

In a pot, melt the butter on low heat and let the milk solids bubble to the surface. Skim those bubbles until there is just a layer of protein at the bottom of the pan. Let it brown slightly but be careful not to let it burn. Strain the contents of the pan over a mesh strainer covered with cheesecloth into a clean jar.

Recipe from Bulletproof Diet, makes 1 1/2 cups