



## Healthy Ghee Recipes: 50 Low-Calorie, Gluten Free, Paleo Friendly Recipes - The Ultimate Superfood (Paperback)

By Tammy Lambert

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Why Ghee? We live in world that is flooded with processed, genetically modified foods. Use ghee and you will see what many top professional athletes, nutritionists, scientists, and successful dieters have already discovered. Ghee is a superfood, according to many top nutritionists and athletes, because of its high healthy fat content. YES, we said healthy fats! Monounsaturated and polyunsaturated fats are essential for those who want to cut body fat and increase their overall health. Ghee a healthier source of essential fats, but modern science has also shown us that ghee actually boosts the health benefits of all the foods cooked with it by enhancing the effects good nutrients within and passing through all unnecessary fats and fibers. Ghee is the purified essence of butter and is LOADED with omega 3 and omega 9 essential fatty acids, a great source of Vitamin A, D, E, and K, and it is also ideal for fighting against the destructive effects of free radicals! When using ghee you will have the pure, delicious healthy fats of butter but...



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