



50 Time Saving Paleo Ghee Recipes: Health and Taste All in One! (Paperback)

By M T Susan

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.What Will You Find In This Recipes Book? Are you a Paleo dietitian? Well, then you have come to the right to find food with the perfect combination of taste and health! Paleo practitioners usually avoid taking dairy products but ghee is an exception. It is made of clarified butter, in which the clarification process cleans the butter of dairy proteins. This is the element that is harmful for the body and creates problems for lactose intolerant people. With dairy proteins out of the way, ghee is beneficial for the body. This recipe book will tell you 1.How to prepare your own healthy ghee at home 2.Delicious food recipes that use ghee So, are you ready to make nutritional, tasty food?.



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