



Full Moon Ghee Preparation



Lakshmi Ayurveda
Free Downloadable

About Ghee

Ghee is a light oil and is ideal for cooking as doesn't burn easily. Ghee is great for digestion, improving absorption and assimilation, improves memory, lubricates and makes body flexible (good with yoga!)



Ghee is most beneficial for **Pitta** and **Vata** types. **Kapha** types should consume in limited amounts. Ghee helps clean the bodily channels and carries medicinal properties of herbs to tissues. People of Kapha constitution or Kapha imbalance should use only a little ghee (one teaspoon a day).

In Ayurveda, ghee is often used as a vehicle to carry herbs into the body. Ghee enhances the absorption of herbs and antioxidants into the lipid-permeable cell membranes.

Ghee is great for rectifying many eye problems and is used in the Netra Tarpana treatment to help cool, heal and repair damaged tissue.

Preparing the Ghee

Supplies Needed

- ❁ Unsalted Organic Butter
- ❁ Stainless steel saucepan
- ❁ Nut milk bag
- ❁ Spoon

Directions

- Place unsalted organic butter into the saucepan. A heavy bottomed saucepan is preferred!
- Melt the butter slowly on low heat.
- Continue to cook. If heated too quickly, the butter can easily burn.
- You will start to notice the bubbles rising to the surface and the milk solids beginning to form. Bubbles are the water content of the butter starting to evaporate!
- Gently skim the rising milk solids from the surface.
- The ghee will be ready when it turns a transparent golden colour and bubbles stop rising to the surface.
- Keep a keen eye on the butter at this stage - it will burn easily. You will see the milk solids at the bottom of the pan start to turn a light brown colour, Remove from heat.
- Let the ghee cool for 10 minutes.
- Strain through the cloth or nut milk bag into glass jars.
- Wait until the ghee is completely cool before putting the lid on the jar.
- Store the ghee in a tightly sealed jar.

Disclaimer: Before incorporating any of the information offered in this downloadable, we strongly recommend you visit an Ayurvedic Practitioner to properly assess your health history and conditions.

Please note that our claims about ghee have not been approved by the TGA. The information provided is not meant to be used to diagnose or treat anyone and should not be taken without consultation with an Ayurvedic physician. We do not guarantee and assume no legal liability or responsibility for the accuracy, currency or completeness of information contained in these materials.

If you have any questions, please email us at info@lakshmiayurveda.com.au.

With love from the Lakshmi Team, we
hope you enjoy your ghee making.

