

# Herb Ghee

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*This is going to have a different taste and texture than butter but when you love to eat butter and can't have it...or just love Ghee, this will be a great additive to your dishes. Ghee is less reactive in our bodies due to the clarification process. This removes the protein, casein in a heating process.*

## Herb Ghee

| Prep Time |      | Cook Time      |                  | Yield   |
|-----------|------|----------------|------------------|---------|
| 5 Minutes |      |                |                  | 2/3 cup |
| Amount    |      | Ingredient     |                  |         |
| 1/2       | Cup  | Ghee           | Room temperature |         |
| 1         | tbsp | Fresh chives   | Minced           |         |
| 1         | Tbsp | Fresh Dill     | Minced           |         |
| 1         | Tbsp | Fresh Parsley  | Minced           |         |
| 1/2       | Tsp  | Dried Thyme    |                  |         |
| 1/4       | Tsp  | Salt           |                  |         |
|           | Dash | Garlic Powder  |                  |         |
|           | Dash | Cayenne Pepper |                  |         |

## Variations:

You can make any substitutions to this recipe to fit your taste or accompany the dish you are making.

**GREAT over Vegetables!**

## Instructions

1. In a small bowl, combine all the ingredients.
2. Serve over hot vegetables, or place in a air tight container into the fridge for later use.