

Gold Nugget Ghee: A Tasty Source of Health Benefits

Description

Just what is ghee, you ask? It's made from butter that has been gently heated to remove the milk solids. This makes it a pure fat just like coconut oil with a high smoke point at 482°F. You can use it just like butter, and for those sensitive to butter, ghee seems to not trigger the same intolerance.

Ghee is chock full of fat soluble Vitamins A, D, E, and K. And wouldn't you know, ghee is pure healthy fat allowing for easy absorption of these health-promoting vitamins. But, like most things, not all ghee is created equally; where it's sourced is an important part of what makes it healthy. Enter Gold Nugget Ghee, committed to providing people the highest quality ghee on the market.



Daniel Draskinis, the founder of Gold Nugget Ghee and an avid outdoor enthusiast, set out to find something that would provide him sustainable energy for his adventures. From rock climbing to yoga to ultra marathons, performing at his best was vital. Through research and experimentation, Daniel created Gold Nugget Ghee.

GOLD NUGGET GHEE is committed to bringing people the highest quality ghee available on the market. We source butter from small farms in Northern California, which provides a unique rainforest ecosystem that allows cows to happily graze on **green grass ALL YEAR** long. We are committed to providing nutrient-dense ghee that supports your health, our planet, and environment.

Daniel graciously provided a jar of Gold Nugget Ghee free of charge for me to review. I've used coconut oil for cooking plenty of times before, but when I found Gold Nugget, I had to try for myself.

The source of food is essential if we want to give our bodies the best nutrients available, and Gold Nugget is right on target. What about the taste? Glad you asked, we love it! Going Mom and I first tried it in our black coffee since weâ€™ve heard wonderful things about putting butter or ghee in coffee, aka [Bulletproof Coffee](#).

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A rich, buttery aroma filled the air as steam rose from our hot mugs of upgraded coffee, and our mouths were greeted with a rich, nutty flavor. I could pick up slight notes of caramel as the coffee cooled a bit

and it left me craving more. We added about one teaspoon to start, but now weâ€™ll do almost two teaspoons.

Next up was cooking with our Gold Nugget treasure. With a high smoke point, it held up to the high temps of cooking on the stove as well as mixed well with steamed veggies.



Avery and and Going Mom gave me their empty plates and buttery kisses in approval. So ghee is good in coffee (I call it coff-ghee because, dad jokes) and savory dishes, but what about something a little sweet? Keeping with healthy, whole foods, I made cinnamon roasted carrots with ghee to put it to the test.



MMMMmmmmmm! Nuff said.

Much like coconut oil, ghee is beneficial both in and outside of your body. It is used to treat burns and rashes, and as a moisturizer for the skin and scalp. What I appreciate about is that it doesn't need to be refrigerated, which makes it the perfect food to take along when traveling.

Gold Nugget Ghee supports local businesses, holds up to the highest of mindful business practices, and put care into what they create. They also package their product in glass jars as opposed to plastic, so you can reuse the jar over and over again.

My family and I are nothing but pleased with Gold Nugget Ghee. We can feel the health benefits and taste them too! Every time my wife and I have our morning cup of joe, Gold Nugget finds its way into our mug and puts a happy, healthy smile on our face.

You can follow Gold Nugget Ghee on [Facebook](#), [Twitter](#), and [Instagram](#) to keep up to date on specials and tasty ways to use their delicious food. [Be sure to pick up a jar \(or two or three\) here.](#)

Disclosure: Gold Nugget Ghee provided a jar of their ghee free of charge in exchange for my review. I was not compensated in any other way.

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