

Cultured Ghee: What Makes It Unique?

The prime difference between normal ghee and **cultured ghee** is their making process and the starter ingredient. Usually, in making normal ghee or brown butter, it is cooked from milk butter but if it is about cultured ghee, it is made from **cultured butter**.

Cultured butter is prepared from milk and it is a process of **natural fermentation**. But cultured ghee does not contain any live culture or bacteria. Although there is no bacterial in it, the fragmentation phase in the manufacturing process makes it more **digestion-friendly**. It is not probiotic in its true sense of the product definition, but cultured ghee works like a probiotic that helps in digestion and it aids in **healthy** colon management.

100% pure, Cultured butter is used for making **grass-fed cultured ghee**. Cultured butter is converted into cultured cream for making cultured ghee. It is a lengthy but authentic process, and it is the ayurvedic process of making the **best quality ghee**, which is digestion-friendly and enriched with several therapeutic benefits if used in the diet.

The fragmentation phase of cultured ghee making converts lactose in cultured cream into lactic acid and that makes the ghee zero lactose product. Lactic acid is digestion-friendly and safe for the consumption of lactose-intolerant people. Cultured ghee contains lactic acid and that is why it works as a **safe dairy product** for the consumption of milk-sensitive people.

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