

PRIMALOIL™

You've never tasted something like this before! Some cold-pressed oils are just too good to be cooking with, but they are perfect for what we call "uncooking." PrimalOil combines three of the world's most beloved oils into one luscious blend. Containing 100% pure lab-tested Organic Extra Virgin Olive Oil and anti-oxidant super-powers, Black Seed Oil and Sacha Inchi Oil--each serving provides our bodies with a wide assortment of important nutrients including 0.5 gram of Omega-3. Now, that's what we call packing a punch!



HOW TO USE PRIMALOIL

- Stir into ricotta, cottage or cream cheese; add garlic and herbs like chives or parsley.
- Blend with feta cheese, cherry tomatoes, chopped red onion and slivered basil; spread over bread or spoon over pasta, vegetables or grilled chicken.
- Make delicious pesto: In a food processor, combine 2 cups fresh basil leaves, ½ cup walnuts or pine nuts, 1/3 cup PRIMALOIL, 2 or 3 cloves chopped garlic, ½ cup grated parmesan or Romano cheese, and salt and pepper to taste. Pulse to combine.
- Use PRIMALOIL in a variety of salad dressings with lemon, lime, favorite vinegar, mustard, dried or fresh herbs, garlic and onion, etc.
- Blend with fresh parsley or cilantro; drizzle or spread over roasted, steamed or sautéed vegetables.
- Add to a green smoothie, or any favorite smoothie.

OUR PROUD HERITAGE

Our family has been in the ghee business in India for five generations. We began in 1889, and today, we proudly continue on in the tradition of focusing on quality above quantity.

QUALITY

ORGANIC, GRASS-FED COWS

Made from non-homogenized milk obtained only during spring thru fall, when the cows are out to pasture eating fresh green grass.

USDA CERTIFIED ORGANIC

Grassfed milk contains fat-soluble vitamins and naturally occurring Conjugated Linoleic Acid (CLA). Our ghee is Certified Organic by New Jersey Department of Agriculture (NJDA).

HANDMADE IN SMALL BATCHES

Handmade with love and care by Nalini Agwarwal (who our staff affectionately call "Ghee Lady").

NON-GMO

Cows are never fed GMOs, and are not given any hormones or antibiotics. Also, no pesticides or chemical fertilizers are used on the cows' feed.

Follow us on @pureindianfoods



Share your recipes and ideas on how you use our spiced ghees. #pureindianfoods

Pure Indian Foods
PO BOX 296, Princeton Jct., NJ 08550 USA
1-877-LUV-GHEE pureindianfoods.com
Copyright © 2019 Pure Indian Foods Corporation



FAT FUEL 6 PK SAMPLER



The perfect size for travel or on the go!
Contains 6 sample size glass jars (about 2 tablespoons) of each.

Fifth-Generation Family-Owned
Since 1889

1-877-LUV-GHEE
pureindianfoods.com

INCLUDES ALL OUR MOST POPULAR FLAVORS

ORIGINAL GHEE

Who doesn't like butter? However, many people can't tolerate dairy products like butter due to their protein and sugar contents. Butter contains 80% fat; the rest is water and milk solids (protein and sugar). Ghee is prepared by melting the butter at low temperature so that fat and milk solids separate. Water evaporates, the milk solids are filtered out and you get delicious golden colored pure butterfat called ghee. Ghee has a high smoke point which makes it an excellent choice for deep fat frying, baking and sautéing. Because of the low moisture content, it can be stored without refrigeration for months.



CULTURED GHEE

This is world's first Grass-fed and Certified Organic Cultured Ghee! A traditional process of making ghee involves culturing the cream before churning it into butter and then clarifying it into ghee. Our cultured ghee is made using this age-old and time-honored practice. The result is a delightfully aromatic ghee with a slight tangy flavor characteristic of naturally cultured foods. It is batch-tested Gluten-Free. It is also batch-tested to contain no more than 0.25% lactose and 2.5 ppm casein/whey.



PRIMALFAT® COCONUT GHEE

PRIMALFAT® Coconut Ghee is a 50/50 blend of Organic Grassfed Ghee and Organic Virgin Coconut Oil. This is truly a delicious, powerfully nutritious natural cooking and baking blend. Blending coconut oil with ghee naturally increases the smoke point, making Coconut Ghee ideal for higher-heat cooking. Ideal for baking, sautéing, stir-frying, and more. Coconut Ghee adds delicate, exquisite flavor to all of your favorite foods and recipes without an overpowering coconut flavor.



GHEELICIOUS IDEAS

- Stir fry greens such as kale, collards, and Swiss chard in ghee for great flavor and digestibility.
- Use ghee to scramble or fry eggs; they won't stick to the pan.
- Use ghee to make a French-style omelet; it's firm and won't turn brown like with butter.
- Sauté veggies such as onion, tomato, and mushrooms in ghee; whisk in beaten eggs and make a breakfast frittata.
- Sauté mushrooms in ghee with a splash of wine and a pinch of salt for the best mushrooms ever!
- Drizzle over fish, lobster, scallops, crab.
- Pack it up for traveling, camping, picnicking, and hiking - it's shelf-stable.

COFFEE++® PALEO BUTTER COFFEE CREAMER

Coffee++ is the World's First Ghee & MCT Oil blend! Coffee++ is a unique, delicious blend of grass-fed, organic cultured ghee mixed with energizing Medium Chain Triglyceride (MCT) oil made from coconut and palm. It is made of pure ghee and nothings else - no coffee or caffeine.



HOW TO MAKE BUTTER COFFEE

Stir, and add 1-2 tablespoons to an 8-ounce cup of hot coffee. To froth, blend in blender, use milk frother, or shake vigorously in a half-full leak-proof container. Add cream, natural sweetener, spices, vanilla, maca collagen, gelatin, or dark chocolate if desired.

TURMERIC SUPERGHEE®

Gently infused cultured ghee with a synergistic balance of turmeric, ginger, and black pepper create this beautiful deep-golden Turmeric Superghee. This blend is incredibly nutritious and delicious and is packed with the copious benefits of organic turmeric. Use it to make golden milk by warming milk and adding a spoonful of Turmeric Superghee and honey. It's also incredibly delicious in bone broth, soups, and curries.



Find more recipes and videos at pureindianfoods.com