

SOUL FLAVOURS

Pure CowGhee

Nutritious Granular Ghee

Soul Flavours Pure Cow Ghee is made from cow's fresh milk. It has rich aroma and granular texture that brings a delectable flavour and taste to food. It contains Omega 3 & 6 and fat soluble vitamins A, E and K which are critical in maintaining good health and well-being. Ideal for cooking, garnishing and making sweets. Traditionally cow ghee is considered to be a good source of energy, longevity and vitality.



Modicare
#SochBadlo

According to ancient Ayurveda, Cow ghee is rich in essential nutrients & fatty acids. A great antioxidant, it is for its antifungal, antibacterial & antiviral properties. Add 2 teaspoons to your cooked lunch or dinner & experience the goodness of this Soul Flavours Cow Ghee.

5 benefits of Ghee you must know

1 HELPS STIMULATING GASTRIC JUICES

According to studies, the gastric juices in ghee improve digestion & overall health. Normalises Vata & Pitta levels in the body.

2 KNOWN TO BE A MEDICINAL FAT BY AYURVED

Ayurveda promotes the use of ghee in food due to its numerous benefits. Add a spoonful to your diet & get ready to whet your family's appetite.

3 NATURAL SKIN MOISTURIZER

Perfect to moisturize the skin & assure good skin health from the inside as well as the outside. Added to food for people who wish to lubricate their joints.

4 EXCELLENT FOR COOKING

Satiate your family's hunger pangs with a delicious meal cooked in ghee. Enjoy the yummy mouth watering meal & get compliments for your excellent cooking skills.

5 USED IN CERTAIN AILMENTS

Traditionally, some people have used ghee when they suffer from health issues like common cold etc.

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Ayurveda, the ancient medical science of India, recognizes ghee as an essential part of a balanced diet. Ghee is rich in anti-oxidants and acts as an aid in the absorption of vitamins and minerals from other foods.



Delicious Sooji ka Halwa recipe made with Soul Flavours Cow Ghee

Halwa is an Indian dessert that can uplift your mood at anytime of the day. It can be made with lentils, vegetables, sooji or rice. Here is a delectable recipe of 'Sooji Ka Halwa' that you can try making with Soul Flavour Cow ghee. We know it will taste amazing, don't forget to try it out.

WHAT YOU'LL NEED

- 1 1/2 cups sooji (semolina)
- 1/2 cup ghee
- 3/4 cup mixture of cashews (coarsely chopped) & whole raisins
- 3 cups hot water
- 1/2 cup whole milk
- 1/2 cup sugar
- 5 pods green cardamom split open
- Coarsely chopped dried fruits or nuts for garnish

HOW TO MAKE IT

1. Heat a deep pan over medium heat and when it is hot, add the ghee. When the ghee melts, add the sooji and stir to mix well.
2. Roast the sooji (stirring frequently) until it begins to turn a very light golden color and gives off a faint aroma. This aroma is enough to make your mouth water.
3. Add the cashews and raisins to the sooji and mix well
4. While you are roasting the sooji, in a separate pot over medium heat, bring the water, milk, sugar, and cardamom to a rolling boil, stirring often.
5. This next step involves much bubbling and splashing so be prepared and careful! When the sooji is roasted, gently add the water-milk mixture, stirring all the while to prevent lumps from forming.
6. Cook the mixture until it is thick and begins to come away from the sides of the pan.
7. Turn off the heat and allow the mixture to cool to lukewarm. Serve in individual bowls, garnished with coarsely chopped dried fruit or nuts if desired.