

Baby Formula

(Non-estrogenic, non-rancid,
highly nourishing)

Based on Weston Price Foundation recipe
yield 72 ounces • total time 15 mins

- 1 cup filtered (ideally distilled) water Heat on stove over medium.
- 2 tsp Great Lakes grass-fed beef gelatin
- 4 Tbsp Mt. Capra Goat Lactose Add to water, dissolve. Remove heat.
- 7/8 cup filtered water
- 2 tsp virgin coconut oil Stir in. Transfer to blender.
- 2 cups whole raw milk (Waldo Way is by far the best locally)
sub Mill-King whole milk if you can't get raw
- ¼ cup liquid whey (pour off plain grass-fed yogurt)
- 2+Tbsp grass-fed Mill-King cream or raw cream
- ¼ tsp amla or camu camu powder (whole-food vitamin C)
- ¼ tsp Natren Life Start bifidobacterium infantis
- 2 tsp nutritional yeast flakes or powder
- 1 tsp Clinician's Preference Oils
- 1 tsp CA Estates (high polyphenol) olive oil (most is canola; #1 food fraud)
- Add; blend 3 seconds. Chill in glass.



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