



NEWTRITION NEWYOU
FOOD · MIND · BODY

Cow's Milk Formula

Makes 36 ounces

Please keep in mind that oils and supplements are not created equal, so try to stick to the recommended brands by clicking on the red links. I've done a lot of research to come up with the very best ingredients for your baby.

Ingredients!

- 2 cups whole cow's milk, preferably raw from pasture-fed cows (For sources of good quality milk, check out www.realmilk.com)
- 1/4 cup [homemade liquid whey](#) (<— Click link for recipe) *Note:* Do NOT use powdered whey or whey from making cheese. It will cause the formula to curdle. ONLY USE homemade whey made from yoghurt, kefir or separated raw milk.
- 4 TBS [lactose](#)
- 1 capsule [bifidobacterium infantis](#) - open the capsule and put it inside the mixture
- 2 or more TBS good quality organic cream (preferably NOT ultra-pasteurized), more if you are using milk from Holstein cows
- 1 tsp regular [cod liver oil](#)
- 1/4 tsp high-vitamin [butter oil](#) (optional)
- 1 tsp expeller-expressed [sunflower oil](#)
- 1 tsp [extra virgin olive oil](#)
- 2 tsp [coconut oil](#)
- 2 tsp [nutritional yeast flakes](#)
- 2 tsp [gelatin](#) 1-
- 7/8 cups filtered water (preferably 7.0 [Kangen water](#), but spring water is good too)
- 1/4 tsp [acerola powder](#)



Directions

1. Put 2 cups filtered water into a [Pyrex measuring pitcher](#) and remove 2 tablespoons (that will give you 1-7/8 cups water).
2. Pour about half of the water into a pan and place on a medium flame.
3. Add the gelatin and lactose to the pan and let dissolve, stirring occasionally.
4. When the gelatin and lactose are dissolved, remove from heat and add the remaining water to cool the mixture.
5. Stir in the coconut oil and optional high-vitamin butter oil and stir until melted.
6. Meanwhile, place remaining ingredients into a blender.
7. Add the water mixture and blend about three seconds.
8. Place in glass bottles or a glass jar and refrigerate.
9. Before giving to baby, warm bottles by placing in hot water or a bottle warmer. *Note:* NEVER warm bottles in a microwave oven!



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Goat's Milk Formula

Although goat milk is rich in fat, it must be used with caution in infant feeding.

Goat milk lacks folate and is low in vitamin B12, both of which are essential to the growth and development of your baby. The inclusion of nutritional yeast, which provides folate is key.

To compensate for low levels of vitamin B12, if preparing the Milk-Based Formula (above) with *goat's milk*, add 2 teaspoons *organic raw chicken liver, frozen for 14 days, finely grated* to the batch of formula. And be sure to begin egg-yolk feeding at four months.

Homemade Whey

Makes about 5 cups

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Ingredients!

- High quality plain, raw or cultured milk, whole-milk yogurt from pasture-fed cows

Directions

First, rest a [large strainer over a bowl](#) and line it with an [organic cotton tea towel](#).

1. *If you're using yogurt or kefir:*
2. place 2 quarts in the [organic cotton tea towel](#).
3. Cover with a plate (or any cover that fits snugly) and leave at room temperature overnight. The whey will drip out into the bowl.
4. In the morning, squeeze the tea towel to get out all the whey and transfer to clean glass jars and store in the refrigerator.

If you are using raw or cultured milk:

1. place 2 quarts of the milk in a glass container and leave at room temperature for 2-4 days until the milk separates into curds and whey.
2. Pour the curds and whey into the [organic cotton tea towel](#) over the bowl.
3. Cover with a plate (or any cover that fits snugly) and leave at room temperature overnight. The whey will drip out into the bowl.
4. In the morning, squeeze the tea towel to get out all the whey and transfer to clean glass jars and store in the refrigerator.

Source: [The Nourishing Traditions Book of Baby & Child Care](#) by Sally Fallon Morell





LIVER-BASED FORMULA

Makes 36 ounces

Ingredients!

- High quality plain, raw or cultured milk, whole-milk yogurt from pasture-fed cows
- 3-3/4 cups homemade beef or chicken broth
- 2 ounces organic liver, cut into small pieces
- 5 tablespoons lactose
- 1/4 teaspoon bifidobacterium infantis
- 1/4 cup [homemade liquid whey](#) (<— Click link for recipe) *Note:* Do NOT use powdered whey or whey from making cheese. It will cause the formula to curdle. ONLY USE homemade whey made from yoghurt, kefir or separated raw milk.
- 1 TBS [coconut oil](#)
- 1 tsp [cod liver oil](#)
- 1 tsp unrefined [sunflower oil](#)
- 2 teaspoons [extra virgin olive oil](#)
- 1/4 teaspoon [acerola powder](#)



Directions

1. Simmer liver gently in broth until the meat is cooked through.
2. Liquefy using a handheld blender or in a food processor.
3. When the liver broth has cooled, stir in remaining ingredients.
4. Store in a very clean glass container.
5. To serve, stir formula well and pour 6 to 8 ounces in a very clean glass bottle.
6. Attach a clean nipple and set in a pan of simmering water until formula is warm but not hot to the touch, shake well and feed to baby. (Never heat formula in a microwave oven!)