

Natural Baby Formula

If the only choice available to you is commercial milk, choose whole milk, preferably organic and unhomogenized, and culture it with a piima or kefir culture to restore enzymes (available from G.E.M. Cultures 707-964-2922).

Ingredients

2 cups whole milk, preferably unprocessed (ie raw) milk from pasture-fed cows
1/4 cup homemade liquid whey (See recipe for whey, below)
4 tablespoons lactose*
1 teaspoon bifidobacterium infantis**
2 or more tablespoons good quality cream (not ultrapasteurized), more if you are using milk from Holstein cows
1 teaspoon regular dose cod liver oil or 1/2 teaspoon high-vitamin cod liver oil*
1 teaspoon expeller-expressed sunflower oil*
1 teaspoon extra virgin olive oil*
2 teaspoons coconut oil*
2 teaspoons Frontier brand nutritional yeast flakes*
2 teaspoons gelatin*
1 7/8 cups filtered water
1/4 teaspoon acerola powder*

* Available from Radiant Life 888-593-8333

** Available from Natren 800-992-3323 or Radiant Life 888-593-8333

Directions

Add gelatin to water and heat gently until gelatin is dissolved. Place all ingredients in a very clean glass or stainless steel container and mix well. To serve, pour 6 to 8 ounces into a very clean glass bottle, attach nipple and set in a pan of simmering water. Heat until warm but not hot to the touch, shake bottle well and feed baby. **Never, never heat formula in a microwave oven!**

Note: If you are using the Lact-Aid, mix all ingredients well in a blender.