

RAW COW MILK FORMULA

second best to mom's milk - makes 36 ounces

STEP 1

In a small sauce pan add;

- **2 cups less 2 tablespoons of water**
- **4 tablespoons lactose**
- **2 teaspoons gelatin**

Mix until gelatin is dissolved, remove from heat and add **2 teaspoons virgin coconut oil** and **1/4 teaspoon high vitamin butter oil** (if using).

STEP 2

In a glass pitcher (or blender) add;

- **2 cups whole raw cows milk**
- **1/4 teaspoon probiotic powder (Bifidobacterium)**
- **1 teaspoon cod liver oil**
- **1 teaspoon expeller sunflower oil**
- **1 teaspoon organic, extra virgin olive oil**
- **2 teaspoons Frontier nutritional yeast flakes**
- **1/4 teaspoon acerola powder**

Pour warm water mixture into the pitcher (or blender), and blend for 3 seconds with immersion blender.

STEP 3

Add the following ingredients to the mixture;

- **1/4 cup liquid whey**
- **2 tablespoons high quality cream**

Stir and pour into bottles.

Directions for use

Store in refrigerator for use with 24-48 hours.
Warm in a bottle warmer or hot water bath.

Store in freezer for use with in 3 months. Thaw in refrigerator and add a pinch of probiotic powder to each bottle before warming .

Source: <https://www.westonaprice.org/health-topics/childrens-health/formula-homemade-baby-formula/>