



# Homemade Infant Formula Recipe

Adapted from Weston Price Foundation

[www.WestonPrice.org](http://www.WestonPrice.org)

The following recipe is for children who are not sensitive to dairy. For dairy alternatives see dairy sensitive alternatives below.

## Ingredients:

- 2 Cups organic whole milk
- ¼ cup liquid whey (see whey making instructions below)
- 4 tablespoons lactose or beet sugar
- ¼ teaspoon Bifidobacterium infantis (Recommend Ther-biotic complete infant)
- 1 teaspoon cod liver oil (Carlson)
- 2 tablespoons organic cream (make sure carrageenan is not an ingredient)
- 1 teaspoon expeller-expressed sunflower oil
- 1 teaspoon extra virgin olive oil
- 2 teaspoons coconut oil
- 2 teaspoons Frontier brand nutritional yeast flakes (available on amazon)
- 2 teaspoons Bernard Jensen's 100% bovine gelatin (available on amazon)
- 2 capsules (powder) of Immuplex by Standard Process.

## Directions:

- Put 2 cups filtered water remove 2 tablespoons (that will give you 1-7/8 cups water).
- Pour about half of the water into a pan and place on a medium flame.
- Add the gelatin and lactose to the pan and let dissolve, stirring occasionally.
- When the gelatin and lactose are dissolved, remove from heat and add the remaining water to cool the mixture.
- Stir in the coconut oil and optional stir until melted.
- Meanwhile, place remaining ingredients into a blender.



- Add the water mixture and blend about three seconds.
- Place in glass bottles or a glass jar and refrigerate.
- Before giving to baby, warm bottles by placing in hot water or a bottle warmer. NEVER warm bottles in a microwave oven.

### **Goat Milk Variation**

Replace whole milk with 2 cups goat milk. Goat milk is rich in fat, but lacks the B vitamins of cow milk. It is imperative that nutritional yeast is used at 2-3 teaspoons. Also the use of Immuplex (2 capsules) and Cataplex E (1 tablet) is essential to mimicking the nutritional profile of breast milk. Both of these products are produced by Standard Process. You can also use Coconut or Almond milk. **If you choose a nut milk add an additional 1 tsp of coconut oil (3 tsp total) and 1 additional tsp of olive oil (2 tsp total)**

### **Homemade Whey**

Makes about 5 cups.

Homemade whey is easy to make from good quality plain yoghurt, or from raw or cultured milk. Goat or Cow based Kiefer is an excellent option. You will need a large strainer that rests over a bowl.

If you are using yoghurt, place 2 quarts in a strainer lined with a cheese cloth set over a bowl. Cover with a plate and leave at room temperature overnight. The whey will drip out into the bowl. Place whey in clean glass jars and store in the refrigerator.

If you are using raw or cultured milk, 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. Pour into the strainer lined with a tea towel set over a bowl and cover with a plate. Leave at room temperature overnight. The whey will drip out into the bowl. Store in clean, glass jars in the refrigerator.