

Recipes for Whole Foods Baby Formula

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By Sally Fallon Morell

To help you with any questions you may have about the recipes below, please refer to our:

- **Frequently Asked Questions (FAQ) on Homemade Baby Formula**,
- Diet for Pregnant and Nursing Mothers,
- FAQ on Diet for Pregnancy, and
- Homemade Baby Formula Testimonials.

- **Milk-Based Formula Video:** thehealthyhomeeconomist.com/video-homemade-milk-based-baby-formula/
- **Liver-Based Formula Video:** thehealthyhomeeconomist.com/video-hypoallergenic-baby-formula/

Many of the **ingredients** for these recipes are available from **Radiant Life**, 888-593-8333, www.radiantlifecatalog.com.

Raw Milk Baby Formula

Makes 36 ounces

Our milk-based formula takes account of the fact that human milk is richer in whey, lactose, vitamin C, niacin, and long-chain polyunsaturated fatty acids compared to cow's milk but leaner in casein (milk protein). The addition of gelatin to cow's milk formula will make it more digestible for the infant. Use only truly expeller-expressed oils in the formula recipes, otherwise they may lack vitamin E.

The ideal milk for baby, if he cannot be breastfed, is clean, whole raw milk from old-fashioned cows, certified free of disease, that feed on green pasture. For sources of good quality milk, see www.realmilk.com or contact a local chapter of the Weston A. Price Foundation.

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 raw cow's milk, preferably from pasture-fed cows

- 1/4 cup homemade liquid whey (See recipe for whey, below) Note: Do NOT use powdered whey or whey from making cheese (which will cause the formula to curdle). Use only homemade whey made from yoghurt, kefir or separated raw milk.
- 4 tablespoons lactose¹
- 1/4 teaspoon bifidobacterium infantis²
- 2 or more tablespoons good quality cream (preferably not ultrapasteurized), more if you are using milk from Holstein cows
- 1/2 teaspoon unflavored high-vitamin or high-vitamin fermented cod liver oil or 1 teaspoon regular cod liver oil³
- 1/4 teaspoon high-vitamin butter oil (optional)¹
- 1 teaspoon expeller-expressed sunflower oil¹
- 1 teaspoon extra virgin olive oil¹
- 2 teaspoons coconut oil¹
- 2 teaspoons Frontier brand nutritional yeast flakes¹
- 2 teaspoons gelatin¹
- 1-7/8 cups filtered water
- 1/4 teaspoon acerola powder^{1, 2}

1. Available from Radiant Life 888-593-8333, www.radiantlifecatalog.com.

2. Earlier versions of this web page called for 1 tsp of bifidobacterium infantis and 1 tsp of acerola powder—these were typos.

3. Use only recommended brands of cod liver oil. [See our recommendations here.](#)

Instructions

- Put 2 cups filtered water into a pyrex measuring pitcher and 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 high-vitamin butter oil and 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.

Breast Milk and Homemade Formula Nutrient Comparison Chart

Based on 36 ounces.

These nutrient comparison tables were derived from standard food nutrient tables and do not take into account the wide variation in nutrient levels that can occur in both human and animal milk, depending on diet and environment.

	Breast Milk	Cow's Milk Formula	Goat Milk Formula	Liver-Based Formula
Calories	766	856	890	682
Protein	11.3g	18g	18g	15g
Carbohydrates	76g	79g	77g	69g
Total Fat	48g	52g	54g	36g
Saturated Fat	22g	28g	30g	16g
Mono Fat	18g	16g	16g	12g
Poly Fat	5.5g	5.6g	5.7g	5.6g
Omega-3 FA	.58g	1.3g	1.2g	1.0g
Omega-6 FA	4.4g	4.2g	4.4g	4.5g
Cholesterol	153mg	137mg	166mg	227mg
Vitamin A*	946IU	5000IU	5000IU	20,000IU
Thiamin-B1	.15mg	1.05mg	1.1mg	.19mg
Riboflavin-B2	.4mg	1.2mg	1.2mg	1.9mg
Niacin-B3	1.9mg	2.5mg	4.4mg	14.2mg
Vitamin B6	.12mg	.51mg	.60mg	.65mg
Vitamin B12	.5mcg	1.9mcg	2.8mcg	39mcg
Folate	57mcg	236mcg	284mcg	159mcg
Vitamin C	55mg	57mg	59mg	62mg
Vitamin D	480IU	450IU	525IU	460IU
Vitamin E***	9.9mg	6.2mg	4.7mg	4.9mg
Calcium	355mg	532mg	548mg	NA**
Copper	.57mg	.38mg	.58mg	1.9mg
Iron	.33mg	1.4mg	2.2mg	5.4mg

Magnesium	37.4mg	91.3mg	96.1mg	34.5mg
Manganese	.29mg	.034mg	.12mg	.24mg
Phosphorus	151mg	616mg	729mg	344mg
Potassium	560mg	949mg	1228mg	750mg
Selenium	18.8mcg	15.4mcg	18.7mcg	31.1mcg
Sodium	186mg	308mg	320mg	NA**
Zinc	1.9mg	2.8mg	2.7mg	2.5mg

* Vitamin A levels in human milk will depend on the diet of the mother. Nursing mothers eating vitamin A-rich foods such as cod liver oil will have much higher levels of vitamin A in their milk. Commercial formulas contain about 2400 IU vitamin A per 800 calories.

** Calcium and sodium values for homemade broth are not available.

*** Vitamin E values are derived from commercial vegetable oils. The vitamin E levels for homemade formulas will be higher if good quality, expeller-expressed oils are used.

Sally Fallon Morell is the author of *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats* (with Mary G. Enig, PhD), a well-researched, thought-provoking guide to traditional foods with a startling message: Animal fats and cholesterol are not villains but vital factors in the diet, necessary for normal growth, proper function of the brain and nervous system, protection from disease and optimum energy levels. She joined forces with Enig again to write *Eat Fat, Lose Fat*, and has authored numerous articles on the subject of diet and health. The President of the Weston A. Price Foundation and founder of [A Campaign for Real Milk](#), Sally is also a journalist, chef, nutrition researcher, homemaker, and community activist. Her four healthy children were raised on whole foods including butter, cream, eggs and meat.

