

Basic Homemade Baby Formula Recipe

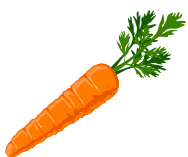
Comments: Use all organics ingredients if possible. This is a large recipe, you might want to make a half recipe first.

Breast Milk Replacement

2 cans, coconut milk (13.5 oz. each)
5 cups, goat's milk
5 cups, water
5 cups, carrot juice
2 cups, celery juice
2 and 1/2 tsp, of a probiotic for infants
2 and 1/2 tsp, of a real vitamin C powder (see post)
3 tbsp, of Olive oil
3 tbsp, organic Nordic Naturals Cod Liver Oil or Carlson Cod Liver oil
(available at health stores)
2 scoops Amino Acid Supreme
(<https://www.designsforhealth.com/products/amino-acid-supreme/> order with code "barbarajennings")



You can switch out some of the carrot juice with apple/pear/prune/papaya (etc) juice for a variety or if the baby starts to look orange!



Recipe adapted from Joy King:

*"I am breastfeeding and am pregnant, and so I was searching for a breast milk replacement. What a journey it has been. I finally came up with a replacement that has worked wonderful for my little girl... This makes a large batch, enough that lasts me for about 5-6 days for my little girl. It takes about an hour to juice everything, wash everything up, and bottle it. We call it '**Operation Carrot Milk!**'"*