

Baby's Formula

1 qt	Goats milk (or soy or rice)
1 Tsp.	Lecithin
1/8 Tsp.	Kelp powder
1 Tsp.	Infant Acidophilus (probiotic)
1 Tsp.	Cold pressed soy oil
1/2 Tsp.	Nutritional yeast (gradually increase each week by 1/2 Tsp. until a full table spoon is reached)
1 Tsp.	Soloray Calcium Magnesium Citrate caps
1/2 Tsp.	Blackstrap molasses

Blend in blender for only a few seconds (so as not to foam too much).

Store in refrigerator until ready to use. Will keep for 4-5 days. Freeze if you want to keep longer.

Vitamin C - 40 mg per pound of body weight

Vitamin E - 50 mg daily

1/4 Tsp. Cod liver oil - 1 to 3 months

1/2 Tsp. Cod liver oil - 4 to 12 months

