

Baby's Formula

1 qt	Goats milk (or soy or rice)
1 Tsp.	Lecithin
1/8 Tsp.	Kelp powder
1 Tsp.	Infant Acidophilus
1 Tsp.	Cold pressed soy oil
½ Tsp.	Nutritional yeast (gradually increase each week by ½ Tsp. until a full table spoon is reached)
1 Tsp.	Soloray Calcium Magnesium Citrate caps
½ 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

¼ Tsp. Cod liver oil – 1 to 3 months

½ Tsp. Cod liver oil – 4 to 12 months

