

# Homemade Baby Formula

[westonaprice.org/health-topics/childrens-health/formula-homemade-baby-formula](http://westonaprice.org/health-topics/childrens-health/formula-homemade-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 [realmilk.com](http://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](http://G.E.M. Cultures) 253-588-2922).

## Ingredients

- 2 cups whole raw cow's milk, preferably from pasture-fed cows
- ¼ 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 lactose<sup>1</sup>
- ¼ teaspoon bifidobacterium infantis (*not 1 tsp: old recipe typo*)
- 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 oil<sup>3</sup>
- ¼ teaspoon high-vitamin butter oil (optional)<sup>1</sup>
- 1 teaspoon expeller-expressed sunflower oil<sup>1</sup>
- 1 teaspoon extra virgin olive oil<sup>1</sup>
- 2 teaspoons coconut oil<sup>1</sup>
- 2 teaspoons Frontier brand nutritional yeast flakes<sup>1</sup>
- 2 teaspoons gelatin<sup>1,2</sup>
- ¼ teaspoon acerola powder<sup>1</sup> (*not 1 tsp: old recipe typo*)
- 1-⅞ cups filtered water

## Instructions

- Put 2 cups filtered water into a pyrex measuring pitcher and remove 2 tbs (that will leave you 1-⅞ 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.

1. Available from Radiant Life 888-593-8333, [radiantlifecatalog.com](http://radiantlifecatalog.com).

2. We do not recommend collagen hydrolysate brands of gelatin.

3. Use only recommended brands of cod liver oil:

**BEST COD LIVER OIL** (Available Online/ Mail Order):

WAP local chapter members in: Flagstaff & Sedona Arizona: Cindy Krznarich, [wapfsedona@gmail.com](mailto:wapfsedona@gmail.com), [wapfflagstaff@gmail.com](mailto:wapfflagstaff@gmail.com)

- Green Pasture Products: Fermented Cod Liver Oil, (402) 858-4818, [greenpasture.org](http://greenpasture.org)
- Radiant Life: Fermented Cod Liver Oil, (888) 593-8333, [radiantlifecatalog.com](http://radiantlifecatalog.com)
- NutraPro International virgin cod liver oil [nutraprointl.com](http://nutraprointl.com)
- Rosita Real Foods extra virgin cod liver oil [RositaUSA.com](http://RositaUSA.com)
- Vassaburg [vassaburg.com](http://vassaburg.com)

**GOOD COD LIVER OIL** (and available in Stores):

- Engeltaer Cod Liver Oil
- Garden of Life Olde World Icelandic Cod Liver Oil
- NOW Foods double strength Cod Liver Oil capsules
- Pharmax Cod Liver Oil
- Sonne's Cod Liver Oil
- Swanson double strength Cod Liver Oil capsules
- Twin Labs non-emulsified liquid Cod Liver Oil

## Homemade Whey

Makes about 5 cups.

Homemade whey is easy to make from good quality plain yoghurt, or from raw or cultured milk. 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 tea towel 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.

Source: *Nourishing Traditions* by Sally Fallon with Mary G. Enig, PhD.

## Egg Yolk for Baby

Egg yolk should be baby's first solid food, starting at 4 months, whether baby is breastfed or formula-fed. Egg yolks from pastured hens will contain the special long-chain fatty acids so critical for the optimal development of the brain and nervous system. The whites may cause an allergic reaction and should not be given to baby until he is at least one year old.

### Ingredients:

- 1 organic egg from a pasture-fed hen
- 1/2 teaspoon grated raw organic liver, frozen for 14 days
- **Note: It is VERY important that the liver be frozen for 14 days before using.**

### Instructions:

- Boil egg for 3 1/2 minutes.
- Place in a bowl and peel off shell.
- Remove egg white and discard.
- Yolk should be soft and warm, not hot, with its enzyme content intact.
- If you wish to add liver, grate on the small holes of a grater while frozen. Allow to warm up and stir into egg yolk.

## Frequently Asked Questions or FAQ on Homemade Baby Formula

- **Q. Why does the infant formulas include lots of vegetable oils like sunflower and olive oil? These are very high in linoleic acid.**
- A. Answer from Chris Masterjohn. The amount of sunflower oil and olive oil in the infant formula recipe provides the amount of unsaturated fatty acids found in the milk of modern American mothers. I have found compelling evidence that arachidonic acid and DHA are necessary for infant development, but not linoleic acid. That said, linoleic acid serves as a precursor for arachidonic acid, so I think the formula should have some linoleic acid (mainly from the sunflower oil). However, it is likely that current linoleic acid levels in breast milk are higher than they otherwise would be, not because they are needed, but because they are present in excess as a result of the consumption of vegetable oils. So I think the amount of linoleic acid in the formula should be normalized to pre-1960 data for Americans, or, better, if they are available, to data from breast milk concentrations of mothers from traditionally living populations that had not yet encountered dietary vegetable oils at the time the data were collected. This would mean reducing the amount of sunflower oil by half.
- [Diet for Pregnant and Nursing Mothers](#)
- [FAQ on Diet for Pregnancy](#)
- [Homemade Baby Formula Testimonials](#)
- [Podcast: Homemade Baby Formula](#)
- [Make Your Own Baby Formula podcast episode with Sally Pope](#)
  - <https://vimeo.com/85767522>
  - transcript: [westonaprice.org/wp-content/uploads/Script-HomemadeBabyFormulaVideo.pdf](http://westonaprice.org/wp-content/uploads/Script-HomemadeBabyFormulaVideo.pdf)
- [Is Raw Milk Safe for Babies?](#)
- [Variation: Goat Milk Formula](#)
- [Liver-Based Formula](#)
- [Fortified Commercial Formula](#)
- [Egg Yolk for Baby](#)
- [Homemade Whey](#)
- [Formula Making Tips](#)
- [Breast Milk and Homemade Formula Nutrient Comparison Chart](#)
- [Price Comparison Charts](#)