

GOAT MILK FORMULA ORIGINAL RECIPE

Recipe makes one 8 fl oz serving

1 scoop (14 g)	WHOLE GOAT MILK
1 tablespoon (12 g)	GOAT MILK LACTOSE
1/2 teaspoon	GOAT MILK GHEE
1/4 teaspoon	Extra Virgin Olive Oil
1/8 teaspoon	Expeller-Pressed Grapeseed Oil
1/8 teaspoon	Unsulphured, Blackstrap Molasses

ONCE DAILY INGREDIENTS

3/4 scoop (1.3 g)	Head Start™ Multivitamin Powder
1 scoop (1.45 g)	GOAT MILK COLOSTRUM *
1 scoop (1.7 g)	Flora Start™ Kids Probiotics *
Based on weight	Nordic Naturals® DHA Infant *

* optional ingredients

Directions: Wash hands. Fill a clean bottle with 5 fl oz. very warm filtered water. Add ghee and wait for it to melt. Add milk powder, lactose, olive oil, grapeseed oil, and molasses and any 'once daily ingredients' except probiotics. Shake well. When contents are well mixed, add cold water until TOTAL VOLUME is 8 fl oz. Lastly add probiotics and shake well one last time. Refrigerate for up to 3 days or feed within 1 hour and discard leftovers. † For larger batches, mix the ingredients with only half the required water. Once mixed, finish by adding the additional water needed to make the desired **TOTAL VOLUME** of liquid (eg 1 pint, 1 quart, etc.)

Please talk with your doctor before starting your child on a new feeding program. Additional information can be found at GoatMilkFormula.com

Ingredient	1 pint	1 quart	1 gallon
WATER†	2 cups†	4 cups†	16 cups†
GOAT MILK	2 scoops (28g)	4 scoops (56g)	16 scoops (224g)
LACTOSE	2 tbsp (24g)	4 tbsp (48g)	1 cup (192g)
GHEE	1 tsp	2 tsp	8 tsp
Olive oil	1/2 tsp	1 tsp	4 tsp
Grapeseed oil	1/4 tsp	1/2 tsp	2 tsp
Molasses	1/4 tsp	1/2 tsp	2 tsp
Vitamins	3/4 scoop, once per day		
DHA	Once per day based on weight		
Colostrum	1 scoop (1.45 g) once per day		
Probiotics	1 scoop (1.7 g) once per day		

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FEEDING LOG

TIME	AMOUNT

DIAPER

WET	DIRTY	NOTES

DATE: _____