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## **Laura's Infant Goat Formula Recipe**

2 cups goat milk (Meyenberg) (If using powdered goat milk, then you will need to reconstitute the powder with distilled water and make goat milk before measuring two cups of goat milk)

¼ c plain goat yogurt or plain goat kefir (kefir is more liquid consistency and easier to use) (Redwood Hills Farm)

1-2 tsp organic black strap molasses (start with 1 tsp and use additional only if needed for constipation)

1 tsp organic brown rice syrup

2 teaspoon refined coconut oil (refined is easier to digest in immature digestive system)

1 teaspoon extra virgin olive oil (do not use other variations only extra virgin)

1 ts cold pressed flax oil

1 envelope of The Honest Company Baby MultiPowder (available at [www.honest.com](http://www.honest.com)) or 1 chewable wafer (crushed into powder) of K2 Kids MultiNutrients available at [www.kopecnaturals.com](http://www.kopecnaturals.com))

Additional:

2 cups distilled water (up to 2 cups based on desired consistency)

¼ teaspoon of K2 Performance Babees Probiotic (available at [www.kopecnaturals.com](http://www.kopecnaturals.com))

Blend milk and kefir (or yogurt) in a blender. Add molasses, rice syrup and multivitamin. Add oils slowly while still blending. Wait to add the water and the probiotic. Add the water slowly adding only as much as you need to get the consistency you and your baby likes. You may not have to use all 2 cups. Shelf life for freshly made formula is 24 hours in refrigerator. Batches can be frozen to provide longer shelf life. When reheating, place bottle in simmering water on stove top. Never, ever microwave formula. Microwave cooking destroys over 95% of nutrients making microwaved food and formula too precarious for growing and developing baby. Add the infant probiotic (K2 Babees Probiotic) at the last minute to one serving daily. Avoid adding to hot liquid