

## “Milk- It” Organic Milk Club - Recommended Reading, Websites & Recipes

The following list of books will educate you on the benefits of REAL milk and much more!

- 1) Nutrition & Physical Degeneration - *Weston A. Price, DDS*
- 2) Nourishing Traditions - *Sally Fallon*
- 3) The Untold Story of Milk - *Ron Schmid, N.D.*
- 4) The Milk Book - *William Campbell Douglass, M.D.*
- 5) Know Your Fats - *Mary G. Enig*
- 6) The Cholesterol Myth - *Uffe Ranskov, M.D., PhD.*
- 7) Enzyme Nutrition - *Dr. Ed Howell*

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Links to Health: The following Websites are full of information regarding diet and health!

<a href="http://www.immunitrition.com">www.immunitrition.com</a>	<a href="http://www.westonaprice.org">www.westonaprice.org</a>	<a href="http://www.mercola.com">www.mercola.com</a>
<a href="http://www.realmilk.com">www.realmilk.com</a>	<a href="http://www.bodyecologydiet.com">www.bodyecologydiet.com</a>	<a href="http://www.sixwise.com">www.sixwise.com</a>

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### REAL MILK RECIPES

#### MILK KEFIR

Kefir is a cultured, enzyme-rich food filled with friendly micro-organisms that help balance your "inner ecosystem." More nutritious and therapeutic than yogurt, it supplies complete protein, essential minerals, and valuable B vitamins. Mix with fruit for smoothies, mix with herbs & spices for a delicious salad dressing or dilute with water for an excellent infant formula replacement!

#### Ingredients:

½ gallon real milk

1 packet KEFIR STARTER (available at [www.culturednutrition.com](http://www.culturednutrition.com) or call Immunitrition at (877) 773-9229)

1. Warm milk on stove (NOT in microwave!) to just about skin temperature (around 92 degrees)
2. Pour milk into a container (preferably glass with an airtight lid) and mix in entire foil package of kefir starter.
3. Whisk and stir well. Put the lid on the container.
4. It is important to culture your milk at 72-75 F for 18 to 24 hours. It will thicken (slightly clumpy) and have a distinct sour aroma like yogurt. The top of your refrigerator is a great place to kefir your milk!
5. Once thickened, shake or stir vigorously and refrigerate. Kefir will continue to culture in the refrigerator, but the process is much slower.

## Milk Kefir Transfer Instructions - (Best to make transfer within 3 days)

Before you finish drinking your initial batch of kefir, begin the second batch by taking out some of the initial batch (see below for transfer ratios) and combining it with freshly warmed real milk. You may repeat this transfer process approximately seven times before you will need to start over with another foil packet. The kefir starter contains strong, viable lactobacillus bacteria and two strains of beneficial yeast that are unusually hardy, making the transfer process possible.

*NOTE: With each transfer, your milk will culture into kefir at a faster pace. Start sampling your kefir as you enter your third or fourth transfer after 12 to 14 hours. It may very well be ready overnight – especially in the warmer months!*

Make transfers using the following proportions:

1 quart: use 6 tablespoons of previous batch as a starter

1/2 gallon: use 2/3 cup or previous batch as a starter

1 gallon: use 1 cup of previous batch as a starter

*\*These transfer ratios also apply to goat's milk & young green coconut water as well.*

*\*Do not add more than recommended amounts of previous batch. This will result in a taste more sour than you may prefer.*

## REAL MILK ICE CREAM - yields 2 quarts - This recipe requires no cooking.

2 cups raw milk

1 ½ cups organic sugar

1 ½ tbsp. organic, alcohol-free vanilla extract (Frontier brand, available at Whole Foods Market)

4 cups raw heavy cream

In a small bowl, combine milk, sugar and vanilla extract. Stir until sugar completely dissolves. Add heavy cream and mix thoroughly. Freeze your ice cream until hard. Enjoy!

## CUSTARD PUDDING - serves 4

3 organic eggs

1 ¾ cup soured, raw milk

¼ cup Rapadura or maple syrup (maple syrup gives the custard a “flan” flavor)

1 tsp. organic, alcohol-free vanilla extract (Frontier brand, available at Whole Foods Market)

1/8 tsp. organic sea salt

Whip all ingredients together in a glass baking dish. Bake at 400 degrees for about 45 minutes or until knife or toothpick comes out clean. Cool and serve.

## OTHER HELPFUL HINTS:

For sourdough pancakes: Soak organic pancake mix overnight with sour milk. This approach is tastier, fluffier, and much healthier than mixing with water and cooking immediately.

For ink, mildew and other stubborn stains, soak overnight or rub with sour milk. Then wash with warm water and soap.