



# Goat Milk Recipes

By Kabrita Moms



[www.kabritaUSA.com](http://www.kabritaUSA.com)  
[hello@kabrita.ca](mailto:hello@kabrita.ca)



@hellokabrita

# Welcome to Kabrita USA's gentle goat milk recipe book

We're thrilled to offer a collection of tried and tested recipes by our incredible Kabrita Moms and Influencers.

As moms, we know how challenging it can be to ensure that your little one is getting all of nutrients that they need as they grow so rapidly in their first few years. Naturally easy to digest Kabrita Goat Milk Toddler Formula is full of essential nutrients like protein, DHA, prebiotics and 22 vitamins and minerals. Adding four scoops of Kabrita formula can super charge any of your favorite recipes!

We hope that you enjoy these nutritious recipes with your little one. Don't forget to tag your #kabritakid enjoying their snack to be featured on our social channels.

In comfort and health,

*The Kabrita USA Team* 



# Apple's Vitamin C Lemon Smoothie

Refreshing and immunity boosting!

## Ingredients

4 scoops Kabrita  
Goat Milk Formula

1/2 cup water

1/2 banana

1 tbsp fresh  
lemon juice

1/2 tsp honey or maple  
syrup (optional)

## Directions

In a blender combine all ingredients. Puree until smooth and frothy.

Sweetener is optional as Kabrita Goat Milk Formula and banana have a natural sweetness.

My kids love citrus so the smoothie is a great way to give them a lemony treat! With the added bonus of Vitamin C!



## Meet Carmen

Carmen was looking for a formula to supplement with, and because maintaining Apple's tummy health was essential for her, easy-to-digest Kabrita seemed like a perfect fit for this mom of four.

[@carmenthemodernmom](https://www.instagram.com/carmenthemodernmom)





# Dalton's Cantaloupe Cream Pops

Gut-friendly summer treat!

## Ingredients

3 scoops Kabrita Goat Milk Formula

1 cup cantaloupe, chopped

2 bananas

1 cup mangoes, chopped

juice from 1/2 orange, fresh squeezed

3" piece aloe vera gel from the plant leaf

1/2 - 3/4 cup water

## Directions

Wash your aloe leaf, cut off a segment at the thicker bottom portion, then slice edges off and use your knife to cut off the sides, or scoop out with a spoon.

Add cantaloupe, bananas, mangoes, orange juice, Kabrita Goat Milk Formula and water (and ice if you like) to a high-speed blender and mix.

Pour into popsicle molds and put in the freezer for 3 or more hours OR just serve as a smoothie (also delicious!)

## Notes

If you haven't used aloe in a recipe you'll love it after this! Aloe is super soothing to the digestive system and works really well to make smoothies, popsicles or dressings fuller and more frothy. Look for the big leaves in your produce section and be careful because the edges are sharp! Store the rest in your refrigerator for up to a week.



## Meet Jodi

Jodi is a health coach that specializes in digestion, so when looking for a formula to supplement Dalton, she naturally wanted one made with healthy ingredients, free of cow milk and soy protein. She knows the importance of a healthy gut and wanted the best start for Dalton!

[@jodi.bullock](https://www.instagram.com/jodi.bullock)

# Grayson's Healthy Cookies & Cream

A protein-packed and yummy dessert!

## Ingredients

### Cookies

3 scoops Kabrita  
Goat Milk Formula  
2 cups  
rolled oats  
1/3 cup water  
1/2 cup coconut oil,  
melted  
1/4 cup honey  
2 tsp vanilla  
1 egg  
1 tsp baking soda  
1 pinch salt  
1/4 cup shaved  
coconut flakes  
1/4 cup walnuts

### Ice Cream

4 scoops Kabrita  
Goat Milk Formula  
3 bananas, cut in coins  
and frozen  
1/2 cup frozen  
strawberries  
1/2 cup water  
1 tsp vanilla

## Directions

Combine the ice cream ingredients into a blender and blend on high setting until smooth. Transfer to a freezer-safe mold and freeze for 2 hours, or until the consistency is set solid but still scoopable.

Add the rolled oats to a food processor and pulse until it becomes a flour-like consistency.

Combine coconut oil, honey, vanilla, Kabrita Formula, water and egg in a large bowl. Add in oats, baking soda, and a pinch of salt and mix until thoroughly incorporated. Fold in shaved coconut flakes and walnuts.

Form 8 balls of cookie dough and place onto a baking sheet lined with parchment paper. Press down firmly on each ball to form a cookie shape. Bake for 8-10 minutes at 375°F/190°C, or until golden brown on the edges. Let cool down for about 10 minutes, remove ice cream from freezer to allow to soften.

Flip cookies over so the flat sides are facing up. Add one scoop of ice cream to 4 of the cookies. Use the remaining 4 cookies to form sandwiches by placing on top of the ice cream and pressing down very gently to slowly spread out the ice cream.

Serve and enjoy!

## Meet Roselyn

Roselyn discovered Kabrita when researching cow-milk alternative toddler formulas when Grayson turned one. She was excited when she found Kabrita, which combines the benefits of goat milk with all the vitamins and minerals that a toddler needs.

[@roselynm](#)





# Oliver's Strawberry Banana Breakfast Popsicles

A fun way to get Vitamin D!

## Ingredients

2 scoops Kabrita Goat Milk Formula

1 banana

1 cup frozen strawberries

1 cup yogurt (of your choice)

3/4 cup water

1/2 cup cereal (of your choice)

## Directions

In a blender, add banana, strawberries, yogurt, Kabrita Goat Milk Formula, cereal, and water. Blend until smooth.

In a popsicle mold, add a tablespoon of your favorite cereal.

Pour the mixture into the molds and freeze until solid!



## Meet Amanda

Amanda is a registered dietitian and blogger living in Metro Detroit, Michigan with her husband Troy, kids Adalyn and Oliver and 2 dachshunds! Amanda loves the extra nutrition Kabrita can add to her kids' diet!

@minutritionist

# Luke's Raspberry Chia Smoothie

Delicious and fiber-rich!

## Ingredients

4 scoops Kabrita  
Goat Milk Formula  
1/2 cup water  
1 banana  
1 cup raspberries  
1 tbsp chia seeds  
1 tbsp creamy peanut  
butter  
4 - 5 ice cubes

## Directions

Add the chia seeds to water and set aside while you measure all the other ingredients, this allows the seeds to become hydrated. Add ice to blender first to ensure a creamy smoothie, top with remaining ingredients including the chia seeds. Blend until desired consistency. Enjoy!

Smoothies are my favorite way to offer new fruits and veggies in a refreshing fun treat that toddlers and big kids cannot resist. This recipe does not disappoint; it is full of creamy and delicious flavor packed with fiber to keep your little one's digestive system healthy.



## Meet Patricia

As a pediatrician and a mom ready to go back to work, Patricia needed a healthy and nutritious formula to supplement Luke with. She was so relieved when he drank the entire bottle of Kabrita the first time he tried it!

[@askdoctormommy](#)





# Katie's Smoothie Breakfast Bowl

Rich in antioxidants!

## Ingredients

Smoothie  
16 scoops Kabrita  
Goat Milk Formula

2 cups frozen  
strawberries

1 banana

1 cup water

1 cup orange juice

Breakfast Bowl  
1 cup cooked bulgur,  
oatmeal or cracked  
wheat

2 kiwifruits, peeled  
and sliced

1/2 cup raspberries

1/4 cup granola or other  
crunchy cereal

## Directions

To make the smoothie, combine all smoothie ingredients in a blender and process until smooth.

To assemble the breakfast bowl, line glass bowl with kiwi slices, add cooked bulgur, 1/4 of prepared smoothie and top with raspberries. Sprinkle with granola and serve.

Smoothie breakfast bowls are a great way to combine a whole grain base, with protein and fresh fruit from a smoothie.



Meet Katie

Katie is a Registered Dietitian Nutritionist and mom of 5, including quadruplets. She's passionate about feeding strong families and making food fun.

[@katieferrarord](https://www.instagram.com/katieferrarord)



# Christian's Key Lime Pudding

Healthy fats in a creamy treat!

## Ingredients

2 scoops Kabrita  
Goat Milk Formula

1 avocado

1/4 cup key lime or lime  
juice, freshly squeezed

1 tsp lemon juice, freshly  
squeezed

1 tbsp extra virgin  
coconut oil

1/2 cup maple syrup

## Directions

Place all ingredients in food processor and blend until creamy and smooth. Refrigerate before eating.

This creamy, tangy and refreshing pudding puts a healthy twist on dessert! The avocado provides the perfect creamy pudding consistency and the perfect vibrant color with no artificial ingredients! Plus, combined with the goat milk formula, provides healthy fats and nutrients required for healthy growth and development. It's light tasting, refreshing and delicious!



## Meet Peggy

Peggy Kotsopoulos is a Registered Holistic Nutritionist and culinary consultant. She loves to supplement her toddler's diet with Kabrita, and bonus, Kabrita helps keep Christian's skin clear too!

[@peggy\\_k](#)





# Charlie's Golden Bedtime Milk

Soothing sleepy time elixir!

## Ingredients

6 scoops Kabrita  
Goat Milk Formula  
  
3/4 cup warm water  
  
1/2 tsp honey  
  
sprinkle of turmeric and  
optional nutmeg or  
cinnamon

## Directions

Mix all ingredients well, shake and serve!



Meet Gabrielle

Gabrielle is passionate about gut health and loves that Kabrita helped her little one Charlie overcome constipation when he was a toddler.

[@liveandgivegabrielle](https://www.instagram.com/liveandgivegabrielle)

# Alexandra's Dessert Pops

Teething lifesavers!

## Ingredients

3 scoops Kabrita  
Goat Milk Formula

6 tbsp water

2 strawberries

1/2 banana

## Directions

Blend together, pour into freezer-safe molds and freeze for 2 hours.

These have been very soothing for Alexandra during teething stages and also super nutritious. They make for a yummy dessert too!



## Meet Gemma

Gemma is a Spanish actress and dancer based in Los Angeles. She uses Kabrita to supplement Alexandra's diet, especially when she's out working long hours during a movie shoot.

[@gemma\\_marin](#)





# About Kabrita USA

Kabrita USA delivers nourishment and comfort to children and their parents through our naturally easy to digest Kabrita Goat Milk Foods. We empower families with a new choice in formula feeding - one that marries the ideal of all-natural with the rigor and safety of science.

Kabrita USA is 100% women run and led by Moms. Our mission is to empower parents to nourish their child with confidence. We strive to add value to our community of Moms through our commitment to education, transparency and supportive communication.

