Bovine Colostrum Recipes
Harness the incredible health properties of Bovine Colostrum

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Bovine Colostrum

*Just what is it?*

Bovine Colostrum could be one of the most powerful, nutritious, all inclusive foods on the planet, eclipsed perhaps only by the very colostrum we survived on at birth from our own Mother.

After the female cow gives birth to its calf, she begins to secrete a powerful substance, intended to pass on all the knowledge and power of her own immune system, onto her calf. This substance is so essential to the newborn calf, that if it doesn't receive it, it will almost always die within 2 weeks of being born, often from an infection or virus.

Most mammals receive the majority of growth factors and immunoglobulins required for life *in utero*, before any birthing process takes place, however, with cows (bovines), this process takes part *after* birth, and thus all these powerful substances are contained in their colostrum, which in order to survive and develop healthily, the calf must consume orally.

Bovine Colostrum has been a focus in the health and wellness industry for decades now, receiving its share of both good and bad publicity. Its effects on Human Growth Hormone levels have been widely discussed in the sports industry, with many professional athletes and sporting teams utilising colostrum to boost immunity and to improve recovery. The negative side of this is that if taken in excessive doses, athletes can test positive for the often illegal substance IGF-1; this has resulted in bovine colostrum receiving an undeserving reputation as a dangerous and synthetic substance, when it is absolutely not.

As with all foods and food products, quality is of the highest importance when it comes to bovine colostrum. If harvested within the first 6 hours after the cow has given birth to the calf, bovine colostrum is extremely high in immunoglobulins, growth promoters, immuno-regulating substances, gut-
protective substances, transfer factors, metabolic factors, HGH, IGFs, rejuvenation elements, vitamin A, vitamin D, iron, calcium, magnesium, probiotics, essential fats, proteins and is low in casein and lactose. Bovine colostrum should never be ‘defatted’ as this removes valuable nutrients from the product.

One of the greatest reported benefits of colostrum is its effect on the gut lining, assisting those with the condition ‘leaky gut’ or translocation (and resultant allergies/auto immune disorders) to improve this condition dramatically.

*How much?*

Generally, starting with a small dose of 1 tsp per day will deliver a noticeable effect for most mammals. Doses can be built up to 2 T per day however athletes are encouraged to monitor IGF-1 levels.

For those with allergies to casein or lactose, it is recommended you take very small amounts and monitor your reaction before consuming any significant amount of colostrum. With severe intolerances - ingestion of colostrum may be impossible until the underlying cause of the intolerance is corrected¹.

Here is a list of the benefits humans may derive from consuming colostrum on a regular basis.

- Improvement in certain gastro-intestinal diseases
- Reduction of pathogenic bacteria and virus load within the body
- Improvement of anaemia
- Blood sugar improvements
- Increased lean musculature
- Improved recovery from injury and exercise induced damage
- Improved general immune function
- Improvement of certain auto-immune conditions
- Strengthening and improvement of the heart muscle

¹ Certain minerals and herbs should be taken - contact us at Nice Life to find out more. [www.nicelife.com.au](http://www.nicelife.com.au)
Personally, I have seen a myriad of benefits from consuming colostrum. For some of my clients, it has been a life-saving addition to their dietary intake.

I hope you enjoy it as much as I do, and you see improvements to your health as a result. Please enjoy the following recipes which include colostrum, so that you might easily include this miracle substance into your diet.

Warmest regards

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Beginner’s Guide

Ingredients

1 C Water
Desired amount of Surthrival Colostrum Powder
Plant-based non-soy non-GMO protein powder (optional)

Method

1: Place colostrum into water and mix with a spoon. Drink slowly.

Optional: Mix your desired protein powder with water and add colostrum before shaking/stirring. Shake well.

Optional: Add colostrum to your smoothie or regular breakfast meal.

FAQs

When do I take colostrum?
It is my belief that colostrum works best taken 10-15 minutes before meals, or included in meals. Do not take colostrum within 2 hours of going to bed as you may receive a burst of energy, making sleep difficult to come by!

Is colostrum safe for children?
Yes, colostrum is safe for children but please adjust dosage as necessary.

Can I take colostrum with me overseas?
Normally, yes, but it depends on which country you are going to. Do some research before you go.

Do I need to cycle on and off colostrum?
You do not need to. However it is my belief that with everything therapeutic it is important to maintain body sensitivity by cycling on and off. 3 days off per month works - 3 days in a row is most effective.
Creamy Colostrum Aioli

Ingredients

4 T Surthrival Colostrum Powder
1 C olive oil
2 garlic cloves
1 lemon juiced
1 tsp himalayan salt
1/4 C water
2 tsp mustard seeds
optional: 2 biodynamic egg yolks

Method

1: Blend together all ingredients. If using egg, blend first with salt and garlic for 1 minute, then slowly add other ingredients to form a thick mayonnaise type consistency.

2: Refrigerate.
Cauliflower Soup

Ingredients

1 large head of cauliflower
2 T of Ghee
4 T Surthrival Colostrum Powder
1 C soaked almonds
2 cloves garlic
3C water
Herbs and spices of choice i.e.: parsley, coriander, sage, basil, thyme
Himalayan salt and pepper to taste

Method

1: Blend cauliflower, garlic, salt, pepper and spices and 2 C of water to a smooth consistency. Pour into a saucepan and bring to a very light simmer for 25 mins and remove from heat.

2: Then, blend the almonds and colostrum with the remaining water into a milky smooth consistency. Add to the soup and stir in well.
Sweet Potato Chips

Ingredients

- 2-3 large sweet potatoes
- 4 T Surthrival Colostrum Powder
- 1 T chilli powder
- 2 T olive oil
- 2 limes (juice of)
- Himalayan salt

Method

1: Slice sweet potatoes thinly.

2: Mix remaining ingredients in a bowl, and then marinate the sweet potato chips in this mix for 10 minutes.

3: If using a dehydrator, place marinated sweet potatoes on a tray and set at 42 degrees celsius for 24 hours.
If using an oven, set at 80 degrees celsius, and leave for 6 hours, checking texture every hour.
Coconut Yoghurt

Ingredients

4 young thai coconuts or for the time challenged 3 500ml cans of organic coconut cream
1 tsp probiotic powder or 3-4 probiotic capsules (optional)
2 punnets of blueberries or raspberries
2 T Surthrival Colostrum Powder
8 T chia seeds
1 1/2 C water
1 C almonds
Stevia or Honey to taste

Method

1: Crack open Young Coconuts and drain the liquid into a glass jar. Open the coconut once drained and scoop out the flesh and place into a blender. Remember if the coconut flesh is pink or spoilt do not use it, or its water. Blend 2 C of the coconut water with all of the flesh, 2 T bovine colostrum and sweetener if desired into a smooth, creamy yoghurt. If using Organic coconut cream, merely blend the coconut cream, colostrum and sweetener so that it becomes homogenous. For those using it, add in the probiotic powder and blend briefly.

2: Place the chia seeds into 1 1/2 C of water and let soak for ten minutes. They should form a jelly-like substance. Evenly distribute the chia jelly into the bottom of your serving dishes (drinking glass or glass bowls).

3: Pour the coconut yoghurt into each serving dish, on top of the chia jelly.

4: Mash your berries with a fork to make a couli, and then make a layer of berries on top of your coconut yoghurt. 
5: Crush the almonds with a mortar and pestle or briefly in the blender. And sprinkle on top.
Cashew Cheeeeze

Ingredients

*The Cheeeeze*
500g cashews, soaked for 4 hours
1 T himalayan salt
4 T Surthrival Colostrum Powder
1 T total of dried thyme, rosemary, celery, chives
(include your favourites!)
2 lemons

Method

1: To make the cheese, place the soaked cashews into a food processor, along with the salt, herbs, colostrum and juice of 2 lemons (I actually choose to use the whole lemon, including the rind! But its not as smooth). Blend until creamy.

2: Paste the cashew cheese on top of crackers or salads and enjoy with some fresh parsley! I like to add some fresh greens to mine, too!
Cauli-Broc Rice

Ingredients

1 medium head cauliflower
1 medium head broccoli
4 T Surthrival Colostrum Powder
2 garlic cloves
2 T Surthrival Ghee
Dried parsley, thyme, paprika, chives, celery
Himalayan salt and pepper to taste

Method

1: Blend cauliflower, garlic, salt and herbs in a food processor until ‘rice-like’ texture.

2: In the ghee, cook this mixture for 7-9 minutes on medium heat in a fry-pan. Allow to cool for 5 minutes before stirring in the colostrum.

Serve with a piece of animal protein like fish or sunny-side-up egg.

Creamy Tangy Colostrum Dressing

4 T Surthrival Colostrum Powder
1/2 C apple cider vinegar
1/2 almonds, soaked
2 cloves garlic
Rosemary, Thyme, Oregano to taste
1 tsp Himalayan salt and pinch pepper
**Choc Colostrum Smoothie**

**Ingredients**

- 2 T cacao powder
- 2 T Surthrival Colostrum Powder
- 1/2 C almonds
- 1/4 C chia seeds
- 1 tsp stevia powder
- 2 C water

**Method**

1: Blend all ingredients together in a blender!

**Berry Colostrum Smoothie**

**Ingredients**

- 1 punnet of blueberries/blackberries/raspberries/mulberries
- 2 T Surthrival Colostrum Powder
- Juice of half a lemon
- 1/4 C cashews
- 1/4 C ground flax seeds
- 1.5 C water

**Method**

1: Blend all ingredients together in a blender and enjoy!
Blueberry Mylkshake

Ingredients

250mls water
1 C frozen organic blueberries
1/4 C Surthrival Colostrum Powder
1 T mesquite meal (optional)
1 tsp vanilla extract
1 tsp stevia powder

Method

1: Blend all ingredients in a blender until smooth.

Magic Coffee

Ingredients

4 C freshly brewed organic coffee
2 T cacao powder
1/2 C Surthrival Colostrum Powder
1 tsp Surthrival Ghee
1 tsp stevia powder or 2 tsp honey

Method

1: Blend all ingredients until smooth and frothy! Enjoy!
**Ultimate Green Immune Boost**

Ingredients

1 avocado
1 lime
1 handful coriander
1 handful parsley
2 T Surthrival Colostrum Powder
1 C water

Method

1: Blend all ingredients together until smooth.

**Colostrum Boosted Nut Milk**

Ingredients

1 C almonds/cashews, soaked overnight
1 T honey or 1 tsp stevia powder
2 T Surthrival Colostrum Powder
1/2 tsp cinnamon
1/2 tsp nutmeg
2 C water

Method

1: Blend all ingredients together in a blender!
Sweets

Colostrum Cake

Ingredients

- 6 T Surthrival Colostrum Powder
- 1 C coconut oil
- Juice of 1 lemon
- 2 C soaked cashews
- 1/2 C Honey
- 1 C dates
- 1 C soaked walnuts
- 4 tsp vanilla extract
- Maple syrup and cacao powder (optional)

Method

1: Blend walnuts and dates together into a sticky paste. Press this mixture into a cake tin or square glass vessel, creating a base for our cake.

2: Blend cashews, coconut oil, honey, lemon juice, colostrum and vanilla together in a food processor until smooth. Pour/press this mixture as the filling for our cake.

3: Mix 2 T of cacao powder and 2 T of maple syrup, and drizzle over the cake to make it look pretty - enjoy!!!
Ultimate Chocolate

Ingredients

2 T Surthrival Colostrum Powder
3 T ghee or coconut oil
3 T cacao butter
1 C raw cacao powder
1 C almonds
4 T honey or 2 tsp stevia powder
1 tsp vanilla extract

Method

1: Blend almonds, vanilla and colostrum in a blender into a fine powder. Remove and mix well with 2 T of honey, and a dash of melted cacao butter. Press this mixture into a plate or shallow cake tin.

2: Mix the melted cacao butter, coconut oil/ghee, cacao powder and 2 T honey in a separate bowl. Mix well and then pour over the almond cream. Set in the fridge or freezer, and enjoy!!
**Berry Ice Cream**

**Ingredients**

- 5 T Surthrival Colostrum Powder
- Juice of 1 lemon
- 2 C berries of choice
- 1 C soaked chia seeds
- 2 C soaked cashews
- 1 T Surthrival Ghee

**Method**

1: Soak chia seeds for 10 minutes prior to making recipe. Soak cashews for 3-4 hours.

2: Melt Ghee on medium heat in a fry pan or using double-boiler method, then blend along with all ingredients until smooth and ice-cream like. Set in freezer and enjoy!

**Simple Berry Gelato**

**Ingredients**

- 4 T Surthrival Colostrum Powder
- 2 C berries of choice
- 2 T honey or 2 tsp stevia powder
- 1 tsp Surthrival Ghee

**Method**

1: Blend together and refrigerate; enjoy on a sunny summer’s day!
Thank you!
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