

GRASS FED RAW GOAT MILK



Raw milk is nature's perfect food — it is the only food that exists for the sole purpose of nourishing and thus contains every nutrient needed for optimal health. The nutrients in grass fed raw goat milk are in their most usable form — the body doesn't need to work to absorb and utilize them. Our milk recipes do not “improve” grass fed raw goat milk — it is impossible to improve perfection — rather, they add various elements to target specific bodily functions or health concerns.

- Happy, grass-fed goats on regenerative pastures
- Full fat raw goat milk
- Eco friendly packaging
- No synthetic or isolate ingredients
- Enhanced and protected by fermented foods
- Optimal source of fat, protein, vitamins, minerals, probiotics, and enzymes



GOATnog



GOATnog is made almost entirely out of reproductive foods, which are the most bioavailable foods on earth. By utilizing these enormously nutrient dense foods as a complete diet, consuming animals can experience metabolic rest, essentially entering a fasting state, which allows the body to recover from various traumas and diseases. When used in addition to other foods, GOATnog improves the metabolic rate, reducing stress on detox organs and the digestive tract.

GOATnog — ingredient overview



Fermented Duck Eggs

Eggs are the second most bioavailable food on the planet. Duck eggs are particularly high in magnesium, calcium, iron, folate, choline, Vitamin B12, Vitamin A, Thiamine, essential and non-essential amino acids, and Omega 3 fatty acids.



Raw Honey

Raw honey is a highly effective food source for the probiotic bacteria in raw goat milk, helping to strengthen the gut and aid in overall digestive health. Research shows that raw honey moderates hormones, boosts immune health, strengthens new blood vessels, and is a powerful antioxidant.

GOATnog — ingredient overview



Organic Cinnamon

Cinnamon has been shown to be effective in the treatment of metabolic syndrome, a complex of diseases related to hormone sensitivity and nutrient utilization. Cinnamon reduces blood pressure and plasma glucose. In Traditional Chinese Medicine it is used to balance the spleen, heart, liver and kidney meridians and to relieve cold or stagnant conditions.

GOATnog — Feeding Tips



1. Thaw At Room Temperature

Our raw grass fed goat milks are cultured with raw whey from our cheese making process — at room temperature, these wild cultures will grow and thrive, feeding off the lactose sugars and converting them into lactic acid. This fermentation protects the milk from pathogens and contributes to a balanced gut microbiome, among many other health benefits, such as increased dietary enzymes.

2. Refreeze Leftovers

While our raw cultured milks have a 30 day shelf life once thawed, we do recognize that you may not use through a carton in a comfortable time frame. If this is a concern for you, just portion your preferred amount of milk into a glass container and refreeze the rest! Research shows that refreezing results in roughly 1% nutrient loss, so we recommend only doing it once in order to keep this negligible.

3. Expect Variance In Presentation

The color, taste, texture, and smell of our foods are highly variable. We are using raw, unpasteurized, non-homogenized fermented foods. Unlike other food companies, our commitment to the nutritional integrity of our ingredients is greater than our commitment to the presentation of them. Real food changes seasonally and even batch to batch, and this rotation is an important aspect of continued health.

