BIOMIXA · FREE RECIPE BOOKLET

Colostrum Recipe Book



14 simple, no-fuss ways to use unflavored colostrum powder — smoothies, iced and warm coffee, overnight oats, no-bake bites and more. US measures, real prep times, estimated nutrition.

biomixa.com

Irvine, California

Before you start

Every recipe here uses one scoop of unflavored bovine colostrum powder per serving — the serving on the label. Unflavored colostrum tastes mild and slightly milky, so it disappears into most foods. New to it? Many people start with half a scoop for the first week.

115°F / 45°C

is the line to remember. Colostrum is prized for its proteins — immunoglobulins such as IgG, lactoferrin and growth factors — and heat can denature proteins. Fresh coffee is around 185–200°F. Let hot drinks cool until comfortably warm, then stir the colostrum in. Cold and frozen are fine.

Three habits that make every recipe better

1. Add colostrum last and blend only 5–10 seconds — long, high-speed blending warms and foams the drink.
2. Make a paste first: whisk the powder into a spoonful of cool liquid, then stir it in. No clumps.
3. Keep the jar closed and dry; use a dry scoop.

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Nutrition notes: Nutrition is estimated per serving from typical USDA values for the ingredients listed (2% milk, plain 2% Greek yogurt, 30 g whey scoop) and the colostrum label (15 kcal, 1.8 g protein per scoop). Brands vary — treat it as a ballpark.

More guides: how to mix colostrum — biomixa.com/blogs/news/how-to-mix-colostrum · colostrum in coffee — biomixa.com/blogs/news/colostrum-and-coffee



SMOOTHIE

Strawberry Banana Colostrum Smoothie

5 min prep · serves 1

The everyday breakfast smoothie: thick, lightly sweet, and done in five minutes. Unflavored colostrum disappears into the fruit.

Per serving, estimated: **330** kcal · **15 g** protein · 60 g carbs · 6 g fat · 7 g fiber

INGREDIENTS

- 1 cup frozen strawberries
- 1 small ripe banana
- 3/4 cup cold 2% milk (or any milk)
- 1/4 cup plain Greek yogurt
- 1 tsp honey (optional)
- 1 scoop BIOMIXA colostrum powder (one label serving)

DIRECTIONS

1. Add the milk and yogurt to the blender first so the blades catch.
2. Add the strawberries and banana. Blend 40–60 seconds until smooth.
3. Add the colostrum last and pulse 5–10 seconds, just until mixed. Long, high-speed blending warms the drink and makes it foamy.
4. Taste, add honey if the berries are tart, and drink right away.

Tip: Too thick? Add milk 2 tablespoons at a time.



COFFEE

Iced Protein Coffee with Colostrum

5 min prep · serves 1

Cold brew, milk and a scoop of vanilla protein, shaken over ice. No heat involved, so there is nothing to wait for.

Per serving, estimated: **230** kcal · **32 g** protein · 12 g carbs · 6 g fat · 0 g fiber

INGREDIENTS

- 1/2 cup cold brew concentrate
- 3/4 cup cold 2% milk or unsweetened almond milk
- 1 scoop vanilla whey protein (about 30 g)
- 1 scoop BIOMIXA colostrum powder (one label serving)
- 1 cup ice

DIRECTIONS

1. Put the milk, protein powder and colostrum in a shaker bottle or jar with a tight lid.
2. Shake hard for 20–30 seconds until there are no lumps.
3. Fill a glass with ice, pour in the cold brew, then pour the protein milk over it.
4. Stir and drink within 30 minutes.

Tip: Mixing the powders into the milk first (not the coffee) avoids clumps.



COFFEE

Warm Colostrum Latte (the 115°F rule)

5 min prep · 5 min cook · serves 1

Yes, you can have colostrum in a hot coffee drink — you just add it after the cup cools to warm. Here is the simple way to get the timing right.

Per serving, estimated: **125** kcal · **8 g** protein · 14 g carbs · 4 g fat · 0 g fiber

INGREDIENTS

- 1/2 cup hot brewed coffee or 2 shots espresso
- 3/4 cup 2% milk or oat milk
- 1 tsp maple syrup (optional)
- pinch of cinnamon
- 1 scoop BIOMIXA colostrum powder (one label serving)

DIRECTIONS

1. Brew the coffee. Warm the milk on the stove or in the microwave until steaming, then froth it if you like.
2. Combine coffee and milk in a mug. Freshly brewed coffee is around 185–200°F, which is too hot for colostrum.
3. Wait 5–10 minutes, or until a kitchen thermometer reads 115°F or lower. No thermometer: the mug should feel comfortably warm, like a drink you could sip in big gulps without blowing on it.
4. Whisk the colostrum into 2 tablespoons of the cooled latte to make a paste, then stir it back into the mug. Add maple syrup and cinnamon.

Tip: Want it hotter? Drink the coffee hot and take the colostrum in a small glass of cold milk on the side.



BREAKFAST

Peanut Butter Banana Overnight Oats with Colostrum

10 min prep · chill at least 6 hours · serves 1

Mix it at night, eat it cold in the morning. The oats soak overnight, so the colostrum never sees heat.

Per serving, estimated: **485** kcal · **22 g** protein · 62 g carbs · 18 g fat · 11 g fiber

INGREDIENTS

- 1/2 cup old-fashioned rolled oats
- 1/2 cup 2% milk
- 1/4 cup plain Greek yogurt
- 1 tbsp chia seeds
- 1 tbsp peanut butter
- 1/2 banana, sliced
- 1 tsp maple syrup
- 1 scoop BIOMIXA colostrum powder (one label serving)

DIRECTIONS

1. In a 12–16 oz jar, stir the milk, yogurt, colostrum and maple syrup together until smooth.
2. Add the oats and chia seeds and stir well, scraping the bottom.
3. Swirl in the peanut butter. Cover and refrigerate at least 6 hours or overnight.
4. In the morning, stir, top with the sliced banana and eat cold.

Tip: Keeps 3 days in the fridge, so make three jars at once.



SNACK

No-Bake Oat & Almond Butter Energy Bites

15 min prep · chill 30 minutes · serves 12

Twelve chewy bites you roll by hand — no oven, so the colostrum stays raw. Good for lunchboxes and gym bags.

Per serving, estimated: **155** kcal · **4 g** protein · 18 g carbs · 8 g fat · 2 g fiber

INGREDIENTS

- 1 cup old-fashioned rolled oats
- 1/2 cup almond butter or peanut butter
- 1/3 cup honey
- 2 tbsp ground flaxseed
- 1/4 cup mini chocolate chips
- 1 tsp vanilla extract
- 6 scoops BIOMIXA colostrum powder (half a scoop per bite)

DIRECTIONS

1. In a bowl, stir the almond butter, honey and vanilla until smooth. If the nut butter is stiff, warm it for 10 seconds first and let it cool before the next step.
2. Stir in the colostrum powder until no dry streaks remain.
3. Add the oats, flaxseed and chocolate chips and mix with a sturdy spoon or your hands.
4. Chill the mixture 30 minutes, then roll into 12 balls (about 1 1/4 inch).
5. Store in an airtight container in the fridge up to 1 week.

Tip: Mixture too sticky? Add oats a tablespoon at a time. Too dry? Add a teaspoon of honey.



BREAKFAST

Greek Yogurt Berry Bowl with Colostrum

5 min prep · serves 1

A two-minute high-protein bowl. Stir the colostrum into the yogurt, then go wild with toppings.

Per serving, estimated: **290** kcal · **20 g** protein · 31 g carbs · 11 g fat · 4 g fiber

INGREDIENTS

- 3/4 cup plain Greek yogurt
- 1 scoop BIOMIXA colostrum powder (one label serving)
- 1/2 cup mixed berries
- 2 tbsp granola
- 1 tbsp chopped walnuts
- 1 tsp honey

DIRECTIONS

1. Stir the colostrum into the yogurt until fully smooth, about 20 seconds.
2. Spoon into a bowl and top with berries, granola and walnuts.
3. Drizzle with honey and eat right away so the granola stays crunchy.

Tip: Plain yogurt plus your own honey keeps added sugar lower than flavored cups.



COFFEE

Keto Butter Coffee with Colostrum

5 min prep · serves 1

A blended fat coffee for low-carb mornings. Blend the butter and MCT oil hot, let it cool to warm, then add the colostrum.

Per serving, estimated: **285** kcal · **3 g** protein · 1 g carbs · 31 g fat · 0 g fiber

INGREDIENTS

- 1 cup hot brewed coffee
- 1 tbsp unsalted grass-fed butter
- 1 tbsp MCT oil or coconut oil
- 1 tbsp heavy cream (optional)
- 1 scoop BIOMIXA colostrum powder (one label serving)

DIRECTIONS

1. Blend the hot coffee, butter and MCT oil for 15–20 seconds until frothy. Vent the blender lid — hot liquids build pressure.
2. Pour into a mug and let it cool to 115°F or below (about 5–10 minutes).
3. Whisk the colostrum into the heavy cream, then stir it into the cooled coffee.

Tip: Start with 1 tsp MCT oil if you are new to it; a full tablespoon upsets some stomachs.



WARM DRINK

Golden Milk with Colostrum

5 min prep · 5 min cook · serves 1

Turmeric, ginger and cinnamon warmed in coconut milk for a cozy evening mug. Simmer the spices, cool it to warm, then stir in the colostrum.

Per serving, estimated: **190** kcal · **3 g** protein · 11 g carbs · 16 g fat · 1 g fiber

INGREDIENTS

- 1 cup light coconut milk or any milk
- 1/2 tsp ground turmeric
- 1/4 tsp ground cinnamon
- 1/8 tsp ground ginger and a pinch of black pepper
- 1 tsp honey
- 1 scoop BIOMIXA colostrum powder (one label serving)

DIRECTIONS

1. In a small saucepan, whisk the milk, turmeric, cinnamon, ginger and pepper.
2. Heat over medium until steaming (do not boil), about 4 minutes, whisking often.
3. Pour into a mug and wait until it reads 115°F or lower — warm, not hot.
4. Stir in the honey and colostrum until dissolved.

Tip: Turmeric stains; rinse the pan and whisk right away.



SHAKE

Chocolate Post-Workout Shake with Colostrum

5 min prep · serves 1

A chocolate-peanut butter shake with about 40 grams of protein, built for after training.

Per serving, estimated: **470** kcal · **40 g** protein · 49 g carbs · 16 g fat · 6 g fiber

INGREDIENTS

- 1 cup cold 2% milk
- 1 scoop chocolate whey protein (about 30 g)
- 1 frozen banana
- 1 tbsp peanut butter
- 1 tbsp unsweetened cocoa powder
- 1 scoop BIOMIXA colostrum powder (one label serving)
- 1/2 cup ice

DIRECTIONS

1. Add milk, banana, peanut butter, cocoa and ice to the blender. Blend 45 seconds.
2. Add the protein powder and colostrum and blend 10 seconds more.
3. Pour and drink within about an hour of your workout, or whenever suits you.

Tip: For a lighter shake, use unsweetened almond milk (saves about 90 calories).



SMOOTHIE

Kid-Friendly Mango Yogurt Smoothie

5 min prep · serves 2

A sunny mango smoothie for the whole family. Ask your pediatrician before giving any supplement to a child, and use a smaller amount for kids.

Per serving, estimated: **160** kcal · **10 g** protein · 25 g carbs · 3 g fat · 2 g fiber

INGREDIENTS

- 1 cup frozen mango chunks
- 1/2 cup plain whole-milk or 2% Greek yogurt
- 3/4 cup 2% milk
- 1/2 small banana
- 1 scoop BIOMIXA colostrum powder, split between 2 cups (adult serving goes in one cup if a child is not having it)

DIRECTIONS

1. Blend mango, yogurt, milk and banana until smooth, about 45 seconds.
2. Pour into two cups.
3. Stir colostrum only into the cup(s) of people it is meant for. For a child, check the amount with your pediatrician first.

Tip: Not for babies under 12 months. Skip it entirely for anyone with a milk allergy — colostrum is a dairy product.



SMOOTHIE

Green Pineapple Spinach Smoothie

5 min prep · serves 1

Spinach you cannot taste, thanks to pineapple and banana. Bright, tangy and filling.

Per serving, estimated: **205** kcal · **6 g** protein · 35 g carbs · 6 g fat · 6 g fiber

INGREDIENTS

- 1 packed cup baby spinach
- 3/4 cup frozen pineapple chunks
- 1/2 banana
- 1 cup unsweetened almond milk
- 1 tbsp ground flaxseed
- 1 scoop BIOMIXA colostrum powder (one label serving)

DIRECTIONS

1. Blend spinach and almond milk first until no leafy bits remain, about 30 seconds.
2. Add pineapple, banana and flaxseed and blend until smooth.
3. Add colostrum and pulse briefly. Drink right away.

Tip: Blending greens with liquid first is the trick for a smooth, not gritty, green smoothie.



BREAKFAST

Vanilla Chia Pudding with Colostrum

5 min prep · chill at least 4 hours · serves 2

Four ingredients, five minutes of work, and a creamy pudding that sets in the fridge.

Per serving, estimated: **215** kcal · **9 g** protein · 24 g carbs · 10 g fat · 9 g fiber

INGREDIENTS

- 1/4 cup chia seeds
- 1 cup unsweetened almond milk or 2% milk
- 1/4 cup plain Greek yogurt
- 1 tbsp maple syrup
- 1/2 tsp vanilla extract
- 2 scoops BIOMIXA colostrum powder (1 per serving)
- 1/2 cup blueberries for topping

DIRECTIONS

1. Whisk milk, yogurt, colostrum, maple syrup and vanilla until smooth.
2. Whisk in the chia seeds. Wait 5 minutes, then whisk again to break up clumps.
3. Cover and refrigerate at least 4 hours or overnight.
4. Divide into 2 jars and top with blueberries.

Tip: Keeps 4 days in the fridge.



SNACK

Frozen Yogurt Berry Bark with Colostrum

10 min prep · chill 3 hours (freezer) · serves 8

A freezer snack that kids and adults both grab. Freezing is gentle on colostrum — it is heat you need to watch, not cold.

Per serving, estimated: **100** kcal · **7 g** protein · 11 g carbs · 3 g fat · 1 g fiber

INGREDIENTS

- 2 cups plain Greek yogurt
- 3 tbsp honey
- 1/2 tsp vanilla extract
- 4 scoops BIOMIXA colostrum powder
- 1 cup mixed berries
- 2 tbsp unsweetened shredded coconut
- 2 tbsp pumpkin seeds

DIRECTIONS

1. Line a rimmed baking sheet with parchment paper.
2. Stir the yogurt, honey, vanilla and colostrum until smooth.
3. Spread about 1/3 inch thick on the parchment.
4. Scatter berries, coconut and pumpkin seeds over the top and press them in lightly.
5. Freeze 3 hours until firm, then break into 16 pieces. Store in a freezer bag up to 1 month.

Tip: Let pieces sit 2 minutes before eating so they soften slightly.



TEA

Iced Matcha Latte with Colostrum

5 min prep · serves 1

A café-style iced matcha with a creamy, mild colostrum boost. Whisk the matcha in warm — not boiling — water.

Per serving, estimated: **165** kcal · **5 g** protein · 24 g carbs · 6 g fat · 3 g fiber

INGREDIENTS

- 1 tsp matcha powder
- 2 tbsp warm water (about 160–175°F)
- 1 cup cold oat milk or 2% milk
- 1–2 tsp honey or maple syrup
- 1 scoop BIOMIXA colostrum powder (one label serving)
- 1 cup ice

DIRECTIONS

1. Sift the matcha into a small bowl, add the warm water and whisk in a zigzag until frothy and lump-free.
2. Shake the cold milk, honey and colostrum in a jar for 20 seconds.
3. Fill a glass with ice, pour in the milk, then pour the matcha on top.
4. Stir before drinking.

Tip: Keep the colostrum in the cold milk, not in the warm matcha water.

Good to know

Who should skip it or ask first. Colostrum is a dairy product: skip it if you have a milk allergy. If you are pregnant, nursing, managing a health condition or taking medication, talk to your doctor first. For children, ask your pediatrician before giving any supplement, and never give it to babies under 12 months.

Storage. Smoothies and lattes are best fresh. Overnight oats keep 3 days, chia pudding 4 days, energy bites 1 week in the fridge, yogurt bark 1 month in the freezer.

About BIOMIXA. BIOMIXA is a small brand from Irvine, California. Our only product is unflavored bovine colostrum powder from grass-fed US cows, collected in the first 6 hours after calving, with no additives. Read more at biomixa.com and in our journal: how much colostrum per day, taking colostrum on an empty stomach, stacking colostrum with creatine and protein.

Free to share. Print it, pass it on, cook from it. Please do not sell it.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Not medical advice — talk to your doctor, especially if pregnant, nursing, or allergic to dairy.

Photos are AI-generated illustrations of the recipes. Nutrition values are estimates.