

Preparation



Boil 130 ml of water and cool to approximately 50°C. Pour into a dish and stir approx. 40 g of Organic Milk Cereal with Bananas (approx. 4–5 tablespoons) into the water. Stir and allow to cool down to approx. 37°C – ready.

Important Notices

- ✓ Always prepare food fresh for each feed. Incorrect preparation can result in adverse health effects.
- ✓ Do not use leftovers.
- ✓ Please follow the preparation instructions exactly.
- ✓ Do not heat in microwave (risk of overheating).
- ✓ Pay attention to dental hygiene once your baby has its first tooth.

Nutritional Values

		per 100 g	per serving ²
Energy	(kJ / kcal)	1801 / 428	720 / 171
Fat	(g)	12.6	5.0
of which saturates	(g)	4.5	1.8
Carbohydrate	(g)	65.3	26.1
of which sugars ¹	(g)	26.6	10.7
Protein	(g)	11.9	4.8
Salt	(g)	0.41	0.16
Vitamin A	(µg)	588	235
Vitamin D	(µg)	7.1	2.8
Thiamin	(mg)	0.65	0.26
Calcium	(mg)	451	181

¹contains naturally occurring sugars

²one package yields approx. 6 meals of the above mentioned preparation



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Organic Milk Cereal for Babies from 6 Months

- no added sugar (contains naturally occurring sugars)
- contains gluten

Ingredients

demeter wholegrain wheat flour** 34%, whey powder* partly demineralised 21%, skimmed milk powder* 16.5%, vegetable oils* (palm oil*, rapeseed oil*, sunflower oil*), dehydrated banana pulp* 8.5%, maltodextrin*, calcium carbonate, vitamin A, thiamin, vitamin D
 *from organic agriculture
 **from biodynamic agriculture

Usage

- ✓ Do not give to babies under the age of 6 months instead of breast milk.
- ✓ Replaces a bottle meal as part of a mixed diet from 6 months onwards.
- ✓ Ideal as an evening meal and to get babies used to a spoon and a new diet.
- ✓ Please always feed the porridge with a spoon.

Organic Milk Cereal with Bananas is made from 99% organically grown ingredients. It is made from biodynamic wholegrain wheat, organic vegetable oil and organic milk from cows raised in their natural environment (according to EU regulations). Organic Milk Cereal with Bananas is unsweetened and easily prepared. The remaining 1% of ingredients are vitamins and minerals which are required by EU regulations.

e 250 g

Good night



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Organic

Milk Cereal with Bananas



wholegrain cereal

from **6** months



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Holle stands for

- ✓ Premium quality organic baby food
 - ✓ Over 80 years of experience
 - ✓ Environmental protection in compliance with European standards
 - ✓ Chemical free agriculture and production
 - ✓ Organic Food Law excludes the use of genetic engineering in organic food
- Maintaining high standards of animal welfare

If you have any questions regarding our products please contact us. We will be happy to give advice.

Holle baby food GmbH
 CH-4125 Riehen
 Tel. +41 61 645 96 00
www.holle.ch

Holle Office Germany:
 D-79650 Schopfheim

Made in Germany

Distribution in Australia and New Zealand by:
 BioLiving International Pty. Ltd.
 76-78 Capital Link Drive
 Campbellfield VIC 3061
 Phone +61 (0) 3 9357 7161
www.bioliving.com.au



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