

### 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 Spelt (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 <sup>2</sup>
Energy	(kJ / kcal)	1827 / 434	731 / 174
Fat	(g)	12.9	5.2
of which saturates	(g)	4.4	1.8
Carbohydrate	(g)	61.4	24.6
of which sugars <sup>1</sup>	(g)	21.3	8.5
Protein	(g)	13.2	5.3
Salt	(g)	0.39	0.16
Vitamin A	(µg)	586	235
Vitamin D	(µg)	7.1	2.8
Thiamin	(mg)	0.82	0.33
Calcium	(mg)	472	189

<sup>1</sup>contains naturally occurring sugars

<sup>2</sup>one package yields approx. 6 meals of the above mentioned preparation



# Holle

## Organic Milk Cereal for Babies after 4 Months

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

### Ingredients

**demeter** wholegrain spelt flour\*\* 37%, skimmed milk powder\* 20%, maltodextrin\*, **why** powder\* partly demineralised 12%, vegetable oils\* (palm oil\*, rapeseed oil\*, sunflower oil\*) calcium carbonate, vitamin A, thiamin, vitamin D

\*from organic agriculture  
\*\*from biodynamic agriculture

### Usage

- ✓ Do not give to babies under the age of 4 months instead of breast milk.
- ✓ Replaces a bottle meal as part of a mixed diet after 4 months.
- ✓ 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 Spelt is made from 99% organically grown ingredients. It is made from biodynamic wholegrain spelt, organic vegetable oil and organic milk from cows raised in their natural environment (according to EU regulations). Organic Milk Cereal with Spelt is unsweetened and easily prepared. The remaining 1% of ingredients are vitamins and minerals which are required by EU regulations.

e 250 g



# Holle Organic Milk Cereal with Spelt



after **4** months



# Holle

### 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.

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