

Preparation Options From 6 Months



Preparation using infant formula: Prepare 170 ml of your chosen infant formula (according to instructions). Pour the prepared formula into a bowl and stir in 18 g Organic Baby Muesli Porridge (approx. 3–4 table-spoons). Allow to soak and cool to body temperature (approx. 37 °C).

Half milk porridge (in compliance with European recommendations): Boil 100 ml full fat milk and 100 ml of water and allow to cool to approx. 50 °C. Pour the liquid into a bowl and stir in 25 g Organic Baby Muesli Porridge (approx. 5 tablespoons). Allow to soak and cool to body temperature (approx. 37 °C).

Preparation using breast milk: Stir 25 g Organic Baby Muesli Porridge (approx. 5 tablespoons) into 130 ml warm breast milk. Please note: in order to preserve valuable nutrients do not heat breast milk over 40 °C.

Dairy-free porridge: Boil 200ml water and allow to cool to approx. 50°C. Add 25g Organic Baby Muesli Porridge (approx. 5 tablespoons) and stir in 1 teaspoon of edible oil until the desired consistency is reached.

Dairy-free porridge with fruit: Mix 20 g Organic Baby Muesli Porridge (approx. 4 tablespoons) with 100 g fruit-based baby food from a jar or 100 g freshly puréed fruit and add 1 teaspoon of edible oil. Add water (approx. 90 ml, boiled, 50 °C).

Preparation Options After 6 Months

Preparation using Infant Follow-on Formula: Boil 150 ml water and allow to cool to approx. 50 °C. Add 5 measuring spoons of Holle Organic Infant Follow-on Formula 2 before stirring in 18 g Organic Baby Muesli Porridge (3–4 tablespoons). From 10 months onwards porridges can also be prepared using Holle Organic Growing-Up Milk 3.

1 tablespoon Organic Baby Muesli Porridge = 5 g /
1 measuring spoon Holle Organic Infant Follow-on Formula 2 = 4.7 g

Important Notice

- ✓ Please follow the preparation instructions. For your baby's continuing health please follow all instructions carefully.
- ✓ Always freshly prepare food and do not re-use leftovers.
- ✓ Do not heat baby food in the microwave (scalding risk).
- ✓ Always check the temperature before giving the porridge to your baby (approx. 37 °C).
- ✓ Pay special attention to your baby's dental hygiene once his or her first tooth has come through.

TIP:

- ✓ When using fresh milk we recommend adding 2 tablespoons of a vitamin C-rich fruit juice to improve iron absorption.
- ✓ Dairy-free recipes contain almost no fat. For these recipes we recommend adding 1–2 teaspoons of edible oil.

Should you have any questions concerning your child's nutrition or the preparation of our products you will find lots of additional information and useful tips at www.holle.ch or you can call us on +41 61 645 96 00. We are always happy to help!



Holle

Organic wholegrain porridge wheat flour, oat flakes and fruit pieces with vitamin B₁ suitable for babies from 6 months

- part of a balanced diet • fine organic wholegrain flakes • simple preparation • contains gluten
- no added sugar¹

Holle Stands For:

- ✓ Over 80 years of experience producing high quality biodynamic baby food
- ✓ Trust, security, advice
- ✓ Sustainable use of natural resources

Ingredients

demeter wholegrain wheat flakes** 82 %, **demeter** wholegrain oat flakes** 7 %, banana fruit powder* 6 %, raspberry flakes* 3 % (raspberry purée*, rice flour*), apple pieces* 2 %, thiamin (required by EU law)

*from organic agriculture
**from biodynamic agriculture

Nutritional Values

	per 100 g dry product	per serving ² (with Infant Follow-on Formula 2)
Energy (kJ / kcal)	1547 / 366	772 / 183
Fat (g)	2.4	6.0
of which saturates (g)	0.6	2.1
Carbohydrate (g)	70.3	26.6
of which sugars ¹ (g)	6.9	9.7
Protein (g)	10.7	4.6
Salt (g)	0.007	0.001
Thiamin (mg)	1.176	0.348

¹contains naturally occurring sugars

²one package yields approx. 13 meals prepared using Follow-on Formula 2

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Made in Germany



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demeter



Holle

Organic

Baby Muesli Porridge



easy preparation • multiple use:
milk porridge • dairy-free porridge • fruit porridge

from **6** months



Organic Baby Muesli Porridge

Only carefully selected grains are used in Holle organic baby porridges. The goodness of the wholegrain is unlocked using warmth and moisture. Holle organic baby porridges offer you multiple preparation options to help you give your child a varied diet during weaning.

Holle's quality guarantee – organic agriculture using the best seeds

This Demeter certified Holle organic baby porridge is produced and monitored according to strict biodynamic standards, from cultivation through to the finished product. In addition to not treating crops with synthetic chemical products and fast-action fertilisers, the use of conventional feedstuffs and the painful removal of cattle's horns are not permitted in biodynamic farming. Demeter standards, therefore, far exceed those defined by EU Organic Regulations. Demeter farmers also endeavour to produce their own seeds. This means that farmers are able to use some of their harvested grain as seed the following year and ensures agriculture remains firmly in the hands of farmers themselves.

Holistic quality thanks to the power of nature and animal-friendly husbandry

A Demeter farm acts as a single, self-contained unit and can be seen as a natural, living organism. Animals are predominantly fed with products grown on the farm and the manure they create is, in turn, used to increase soil fertility. To this end manure is enriched using special, farm-produced mineral and herbal preparations; composted and, following this, mixed with water and spread onto the fields. Food grown from biodynamic seed are of a high nutritional quality. Our Demeter wholegrain baby porridges form a valuable foundation for the balanced nutrition of infants and toddlers. Give your child what it needs to thrive – love, comfort and Holle.

demeter – the brand for biodynamic foods.

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