

### Preparation Options From 6 Months



Prepare 170 ml of your chosen infant formula (according to instructions). Pour the prepared formula into a bowl and stir in 18 g Holle Organic Fruit Porridge Banana-Semolina (approx. 3–4 tablespoons). Allow to soak and cool to body temperature (approx. 37 °C).

**Half milk porridge:** 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 Holle Organic Fruit Porridge Banana-Semolina (approx. 5 tablespoons). Allow to soak and cool to body temperature (approx. 37 °C).

**Preparation using breast milk:** Stir 25 g Holle Organic Fruit Porridge Banana-Semolina (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.

### Preparation Options After 6 Months

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 Holle Organic Fruit Porridge Banana-Semolina (3–4 tablespoons). From 10 months onwards porridges can also be prepared using Holle Organic Growing-Up Milk 3.

1 tablespoon Holle Organic Fruit Porridge Banana-Semolina = 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.
- ✓ Paediatrician's advice is recommended prior to the administration of the product

#### 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](http://www.holle.ch) or you can call us on +41 61 645 96 00. We are always happy to help!



## Holle

### Dry organic fruit and cereal porridge for babies from 6 months

- Suitable for starting with solid food from 6 months, at the earliest.
- Easy to prepare, ready in minutes.
- Contains gluten.
- No added sugar<sup>1</sup>

#### Holle Stands For

- ✓ Over 80 years of experience producing high quality biodynamic baby food
- ✓ Trust, security, advice
- ✓ Organic Food Law excludes the use of genetic engineering in organic food
- ✓ Sustainable use of natural resources

#### Ingredients

**demeter** wholegrain wheat flakes\*\* 50 %, banana purée\* 50 %, thiamin  
\*from organic agriculture  
\*\*from biodynamic agriculture

#### Nutritional Values (Europe)

	per 100 g dry product	per serving <sup>2</sup> (with Infant Follow-on Formula 2)
Energy (kJ / kcal)	1518 / 359	659 / 157
Fat (g)	2.3	4.4
of which saturates (g)	0.6	2.5
Carbohydrate (g)	69.8	22.2
of which sugars <sup>1</sup> (g)	15.5	8.6
Protein (g)	9.9	5.7
Salt (g)	0.020	0.125
Thiamin (mg)	1.570	0.430

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

<sup>2</sup>one package yields approx. 13 meals prepared using Follow-on Formula 2

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Made in Germany



DE-ÖKO-001  
EU/non-EU  
Agriculture

e 250 g



## Holle

# Organic Fruit Porridge Banana-Semolina



easy preparation

from **6** months



## Holle

#### Nutrition Information (Non-Europe)

Servings per package: 13 meals  
Serving size: 170 ml Infant Follow-on Formula 2 + 18 g Organic Fruit Porridge

	Quantity per 100 g dry product	Quantity per serving (with Infant Follow-on Formula 2)
Energy (kJ / kcal)	1518 / 359	659 / 157
Protein (g)	9.9	5.7
Fat, total (g)	2.3	4.4
Carbohydrate (g)	69.8	22.2
sugars <sup>1</sup> (g)	15.5	8.6
Sodium (mg)	8	50
Thiamin (mg)	1.570	0.430

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

### Organic Fruit Porridge Banana-Semolina

For the Holle Organic Fruit Porridge Banana-Semolina, we use only carefully selected grains. Its special feature is its very high fruit content. The fine banana purée provides it with an intense fruity flavour that, combined with semolina, creates a unique taste experience. You can prepare the Holle Organic Fruit Porridge Banana-Semolina in various ways to provide your child with a healthy and balanced weaning diet.

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

The quality of Holle baby food is constantly checked, from field to finished product, according to stringent EU regulations for organic agriculture. Our farmers do not use any synthetic chemical pesticides. They reject the use of artificial growth enhancers and take account of specific plant properties when growing their crops. In this way the Holle organic porridge range forms a valuable basis for a nutritionally balanced diet which is particularly beneficial for young babies and children.

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