

bottles & burps



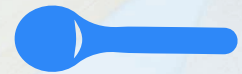
SHIPS FROM METRO NYC, WITH LOVE

We go straight to the source and deliver to you from our home-base here in the USA. Products you love from a retailer you can trust.



SIMPLY THE BEST

Biodynamic, non-GMO, and organic - sometimes less is more.



TASTE THIS

All the vital nutrients for their most important development period.



HOL2015D

Holle Rice Flakes (Reisflocken) Organic Porridge (250g)

Age: 4+ or 6+ Months (Depending on Recipe)

Yield: About 10 meals

Suitable as part of a mixed diet, from 4 months at the earliest.

The more you buy, the more you save... bulk **discounts** from **10-40%**.

Only extremely fresh product straight from **Germany**.

FAST and FREE shipping anywhere in the US. Same day shipping in NYC. Order minimums apply, for details see our site FAQ.

No irradiation ever.

- ✓ EU Certified Organic
- ✓ 100% Whole Grain
- ✓ Multiple variations/recipes

- ✓ No corn-based sweeteners
- ✓ No gluten
- ✓ No GMOs



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INSTRUCTIONS



PREPARATION SUGGESTIONS FOR 4+ MONTH OLD INFANTS

Using First Infant Milk Formula (Stage PRE or Stage 1):

Prepare 170ml of your infant milk formula (according to its instructions).

Pour the prepared formula into a bowl and stir in 18 grams of cereal (3 to 4 tablespoons).

Sit and allow to cool to 37°C / 98.6°F.

ALTERNATIVES FOR 4+ MONTH OLD INFANTS

Using Regular Cow Milk:

Boil 100ml of whole milk and 100ml of water and then cool to 50°C / 122°F.

Pour the liquid into a bowl and stir in 25g of porridge (5 tablespoons).

Sit and allow to cool to 37°C / 98.6°F.

Using Breast Milk:

Stir 25g of porridge (5 tablespoons) into 130ml of warm breast milk. Never heat breast milk over 40°C / 104°F.

Dairy-free Porridge:

Boil 200ml of water and then cool to 50°C / 122°F.

Pour the liquid into a bowl and stir in 25g of porridge (5 tablespoons).

INGREDIENTS

Organic rice wholemeal flour, vitamin B1*

*Thiamin is the source of vitamin B1 added as required by European law.

Certified organic by EU standards.

NUTRITION FACTS

About 10 Servings Per Box

Serving Size: About 25g of dry product mixed with milk / water (See Instruction Tab for Recipes)*

Calories 164

	Per 100 g of (dry) product	Per Serving of Porridge Using Regular Cow Milk and Water*
Energy	1646 kJ/389 kcal	691 kJ/164 kcal
Total Fat	3.1 g	4.6 g
Saturated Fat	0.8 g	2.6 g
Total Carbohydrates	80.3 g	24.8 g
Sugars**	0.7 g	4.9 g
Protein	8.2 g	5.3 g
Sodium	0.009 g	0.112 g
Thiamin (Vitamin B1)	1.24 mg	0.35 mg

* See INSTRUCTIONS above for recipe instructions for porridge made with cow's milk and water.

** No added sugar; this sugar content is purely a function of the natural sugar content within rice wholemeal flour.

Translated from original German labels as of October 23, 2018.

Holle Rice Flakes (Reisflocken) Organic Porridge (250g)

Add 1 teaspoon of edible oil (such as canola, sunflower, hemp, or olive oil) or Holle's own proprietary blend called "Bio Baby-Beikost-Öl."

Stir until desired consistency is achieved, allowing to cool to 37°C / 98.6°F before serving.

Dairy-Free Porridge with Fruit or Vegetable Purée:

Mix 20g of cereal (4 tablespoons) with 100g of fruit purée from a jar (or from one of our Holle purée squeeze pouches) or 100g of freshly prepared fruit purée.

Add 1 teaspoon of edible oil (such as canola, sunflower, hemp, or olive oil) or Holle's own proprietary blend called "Bio Baby-Beikost-Öl."

Boil water and then cool to 50°C / 122°F. Add this water to the mixture to achieve desired consistency (we recommend 90ml of water).

As an alternative to the fruit purée, one teaspoon of oil and water, you may instead use 160g of warm vegetable-based baby food from a jar and 2 teaspoons of the edible oil of your choice.

PREPARATION SUGGESTIONS FOR 6+ MONTH OLD INFANTS

Using Follow-on Infant Milk Formula:

Boil 150ml water and allow to cool to approximately 50°C / 122°F.

Add 5 scoops of Holle Stage 2 formula powder.

Then stir in 18g of porridge (3 to 4 tablespoons).

Starting in month 10, use Holle Stage 3 formula powder instead of Stage 2.

SUGGESTIONS

- When using cow's milk, to improve iron absorption we recommend adding 2 tablespoons of Vitamin C rich fruit juice.
- Because the dairy-free recipes provide nearly no fats, we recommend adding 1-2 teaspoons of edible oils, such as canola, sunflower, hemp, or olive oil, or Holle's own proprietary blend called "Bio Baby-Beikost-Öl."