



Löwenzahn Organics

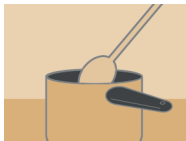
## Organic Baby Porridge Pure Oats

- ✓ Gluten free wholemeal oats
  - ✓ EU organic certified
  - ✓ For babies from the 5th month
  - ✓ Cooked fresh in 2 minutes
  - ✓ Dairy-free and without added sugar\*
  - ✓ Vegan
  - ✓ Löwenzahn Organics certified by German inspection body: DE-ÖKO-006
- \*Cereals contain sugar naturally

### Preparation as a dairy-free porridge



1. Pour 200 ml of fresh drinking water\* into a pot and stir in a heaped tablespoon (about 18 g) of porridge powder with a whisk.



2. Bring to a boil on the stove and then continue to cook, stirring, for about two minutes until the porridge thickens.



3. Cool to consumption temperature (37°C / 98.6°F) and - only when preparing with just water - stir in a teaspoon of organic oil (e.g. rapeseed oil).

### Preparation as half-milk porridge

Put 100 ml of water and 100 ml of whole milk in a pot and prepare the porridge as described in steps 1-3.

### Preparation with formula

Prepare porridge with 150 ml of water as described in steps 1-3 and then mix with about 100 ml of already prepared baby formula.

If necessary, refine with fruit or vegetable puree. Reduce liquid for a thicker consistency.

### Important instructions

- Follow the preparation instructions exactly.
- Do not heat the porridge in the microwave (risk of overheating!).
- Please ensure thorough dental care from the very first teeth.
- Feed the porridge with a spoon and always prepare it fresh.
- Always close the opened package tightly, store in a dry place and use within 3-4 weeks. Protect against heat. Package filling level due to technical reasons.

### Ingredients

100% wholemeal **oat** flour\*, vitamin B1 (thiamine)

\*Demeter-certified (from controlled biodynamic cultivation)

Nutrition	Per 100 ml <sup>1</sup>	Per portion as half-milk porridge*
<b>Energy</b>	1595 kJ 378 kcal	566 kJ 135 kcal
<b>Fat</b>	7.1 g	4.9 g
<i>of which:</i>		
saturates	1.4 g	2.6 g
<b>Carbohydrates</b>	63.0 g	16.2 g
<i>of which:</i>		
sugars	0.8 g	5.0 g
<b>Fibre</b>	5.0 g	0.9 g
<b>Protein</b>	13.0 g	5.7 g
Salt	0.01 g	0.13 g
Vitamin B1 (thiamine)	1.5 mg	0.24 mg
Sodium	0.004 g	0.05 g

\*18 g of product + 100 ml water + 100 ml whole milk  
The packet contains 8 portions.

**löwenzahn organics** ☼

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