



Löwenzahn Organics

Organic Baby Porridge Spelt-Banana

- ✓ Wholemeal spelt with banana powder
 - ✓ EU organic certified
 - ✓ For babies from the 7th 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

95% wholemeal **spelt** flour* (a type of **wheat**), 5% banana powder**, vitamin B1 (thiamine)

*Demeter-certified (from controlled biodynamic cultivation)

**from controlled organic cultivation

Nutrition	Per 100 ml ¹	Per portion as half-milk porridge*
Energy	1429 kJ 338 kcal	536 kJ 128 kcal
Fat	2.7 g	4.1 g
<i>of which:</i>		
saturates	0.3 g	2.4 g
Carbohydrates	63.7 g	16.4 g
<i>of which:</i>		
sugars	3.3 g	5.5 g
Fibre	8.9 g	1.6 g
Protein	11.2 g	5.4 g
Salt	0.02 g	0.13 g
Vitamin B1 (thiamine)	1.5 mg	0.20 mg
Sodium	0.007 g	0.05 g

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

löwenzahn organics ☼

Löwenzahn Organics GmbH

Postfach 04 52 52, 10063 Berlin, Germany

☎ +49 30 398 217600

✉ hello@loewenzahnorganics.com