

Organic Milk Pap Oat Apple

Preparation

Choose amount of water and pap powder depending on age and appetite according to dosage table.



Boil fresh drinking water and leave it to cool down to about 50 °C.



Put the recommended amount of powder (according to table) into a pap dish.



Measure boiled water (according to table), add to powder and stir.



Let it swell until it reaches the required consistency. Check temperature.

The special HiPP ingredients

40 % Follow-on milk (whey powder* partially demineralised, skimmed milk powder*, vegetable oils* (palm oil*, rapeseed oil*, sunflower oil*), rice flour*, vitamin C, ferrous sulphate, zinc sulphate, vitamin E, niacin, pantothenic acid, vitamin B₁, vitamin A, vitamin B₆, vitamin B₁₂, potassium iodate, folic acid, copper sulphate, vitamin K, sodium selenate, vitamin D, biotin), cereal flakes (13 % wholemeal oat*, wholemeal wheat*, wheat*), whey powder* partially demineralised, 8 % apple juice concentrate* with low acid content, skimmed milk powder*, apple extract, calcium carbonate, vitamin B₁, vitamin A, vitamin D.

*from organic production

Important information

- For the sake of your baby's health it is important to adhere to the instructions for preparation and the quantities indicated.
- Always feed your baby the milk pap using a spoon and prepare it freshly for each meal.
- Seal opened sachet well after using, store at room temperature in a dry and hygienic manner – use up content within 3-4 weeks.
- Please do not warm up the pap in the microwave oven (danger of scalding!).
- Ensure regular dental care at bedtime from your baby's first tooth onward and do not feed your baby afterwards.

Please pay attention to your baby's balanced diet and healthy way of living.

HiPP Top quality

- more than 50 years of organic experience
- most stringent control checks in our quality lab which is among the leading ones in Europe
- stricter limits than required by law
- GMO-free*
- traditional production
- natural organic cereal – without chemical-synthetical treatment or fast acting fertilisers*

Claus Hipp

*in accordance with the EC Organic Requirements

The proper dosage

Every baby is different, so daily portions of pap may vary greatly. Our dosage table is intended to help you preparing different amounts of milk pap correctly.

	Powder	Water	Portion
from the 6 th month	50 g (4-5 table spoons)	140 ml	190 g
from the 8 th month	55 g (approx. 5 table spoons)	155 ml	210 g
for a smaller portion	45 g (approx. 4 table spoons)	130 ml	175 g

Composition

	per 100 g powder	per ready to eat portion 190 g
energy kJ	1,805	903
kcal	429	214
fat (of which)	12.0 g	6.0 g
-saturates	3.8 g	1.9 g
carbohydrate (of which)	64.6 g	32.3 g
-sugars ¹	42.0 g	21.0 g
fibre	4.0 g	2.0 g
protein	13.6 g	6.8 g
salt ²	0.63 g	0.33 g
sodium	0.25 g	0.13 g
potassium	900 mg	450 mg
chloride	400 mg	200 mg
calcium	450 mg	225 mg
phosphorus	430 mg	215 mg
magnesium	85 mg	43 mg
iron	3.5 mg	1.8 mg
zinc	2.7 mg	1.4 mg
copper	150 µg	75 µg
iodine	65 µg	33 µg
selenium	14 µg	7.0 µg
vitamin A	350 µg	175 µg
vitamin D	7.0 µg	3.5 µg
vitamin E	5.0 mg	2.5 mg
vitamin K	18 µg	9.0 µg
vitamin C	40 mg	20 mg
vitamin B ₁	0.85 mg	0.43 mg
vitamin B ₂	0.98 mg	0.49 mg
niacin	1.9 mg	0.95 mg
vitamin B ₆	0.32 mg	0.16 mg
folic acid	55 µg	28 µg
vitamin B ₁₂	1.4 µg	0.70 µg
pantothenic acid	3.6 mg	1.8 mg
biotin	15 µg	7.5 µg
further nutritional values		
linolenic acid (Omega-3-fatty acid)	0.23 g	0.12 g

¹sugars naturally occur in the ingredients

²calculated from the natural amount of ingredients

*% of daily requirements

What's in it

✓ follow-on milk to suit age

As a basis for our organic milk paps, we use follow-on milk, which meets babies' requirements and is also suitable as an ingredient in paps from 4 to 6 months.

For the sake of your baby's health, follow-on milk contains*:

- ✓ **iron** for blood formation and mental development
- ✓ **calcium & vitamin D** for the formation of bones
- ✓ **iodine** for the thyroid function
- ✓ **zinc & vitamin C** for the body's own defences
- ✓ **vitamin A** for the immune system

*as required by law

✓ omega-3 fatty acids (ALA) important for brain and nerve cells

- ✓ **valuable wholemeal cereal flakes**
- ✓ **sun-kissed fruits**
- ✓ **valuable, easily digestible cereals** (contain gluten)

What's not in it

- ✗ added sugars¹
- ✗ added colouring*
- ✗ preservatives*

*as required by law

¹sugars naturally occur in the ingredients

e 250 g

HiPP

Please open here

Oat Apple

Production date:
Best before:

FROM
THE
6th
MONTH

HiPP



Organic Milk Pap
Good Night
Oat Apple

no
added
sugars

Prepare with water



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FS3 11/14

HR-EKO-07
EU/non-EU agriculture



The HiPP Organic Seal guarantees the highest quality and exceeds the EU organic requirements.

HiPP Good Night Milk Pap with wholemeal cereal flakes

Cereal is an important part of a balanced diet – also for babies. First and foremost the outer layers of the grain are rich in vitamins and nutrients. Therefore, we use the complete grain for our HiPP wholemeal cereal flakes in a mixture that is especially adjusted to babies' requirements. This is the reason why HiPP Good Night Pap Oat Apple with wholemeal cereal flakes is so very valuable. HiPP Good Night Pap provides also age-appropriate satiety and has no added sugars. Therefore, it is ideally suited as your baby's evening meal before bedtime.

Use

This milk pap is a complete evening meal for children being fed weaning food, and is suitable from the 6th month to complement breastfeeding or infant formula fed from a bottle. If you want to switch over to using follow-on milk for bottle meals before your baby is 6 months old, please consult with your paediatrician.

Exporter:

HiPP GmbH & Co. Export KG,
Theresienthalstraße 68,
4810 Gmunden, Austria

Producer:

Vivera d.o.o. (a member of HiPP Group), Ulica kralja Zvonimira 1,
44400 Glina, Croatia

Filling height due to technical reasons. Packed in a protective atmosphere.
Best before: see top of package

Organic Milk Pap Oat Apple

AL3331 e 250 g

AL3331

735, 716, 783



9 062300 113775

HiPP's freshness guarantee: The foil sachet guarantees optimal freshness and aroma protection. This product left our house in perfect condition – please make sure the sachet is undamaged before using. Foil sachet and box must be recycled separately. Store in a dry place at room temperature. Use up the opened sachet within 3-4 weeks.

If properly stored, the originally sealed bag is best before: see top of package.