



1. Boil fresh water for each porridge meal. Allow to cool to approx. 50 °C / 122 °F.
2. Add the amount of porridge powder (according to the table) to the bowl.
3. Add the boiled water (according to the table) to the porridge powder and stir.
4. Allow to swell until the desired consistency is reached. Check the temperature before feeding, e.g. with a thermometer.

Always prepare fresh porridge and consume the bag's contents within 3-4 weeks after opening. Follow the preparation and dosage instructions to create the ideal meal with the desired consistency based on your little one's preference. You can see the specific instructions for each milk porridge in the preparation instructions section of our product pages!

Oat & Apple

	Porridge Powder	Water	Portion
From 8 months	50 g / 1.76 oz (4-5 tsp.)	155 ml / 5.24 fl oz	205 g / 7.23 oz
For smaller portion	40 g / 1.41 oz (3-4 tsp.)	130 ml / 4.4 fl oz	170 g / 6 oz

Fruit Yogurt

	Porridge Powder	Water	Portion
From 8 months	45 g / 1.59 oz (4 tsp.)	150 ml / 5.07 fl oz	195 g / 6.88 oz
For smaller portion	35 g / 1.23 oz (3-4 tsp.)	120 ml / 4.06 fl oz	155 g / 5.47 oz

Gentle Semolina

	Porridge Powder	Water	Portion
From 6 months	40 g / 1.41 oz (3-4 tsp.)	135 ml / 4.56 fl oz	175 g / 6.17 oz
From 8 month	45 g / 1.59 oz (4 tsp.)	150 ml / 5.07 fl oz	195 g / 6.88 oz
For smaller portion	35 g / 1.23 oz (3-4 tsp.)	120 ml / 4.06 fl oz	155 g / 5.47 oz



Banana Rusk

	Porridge Powder	Water	Portion
From 5 months	40 g / 1.41 oz (3-4 tsp.)	155 ml / 5.1 fl oz	170 g / 6 oz
From 6 month	45 g / 1.59 oz (4 tsp.)	140 ml / 4.73 fl oz	185 g / 6.53 oz
From 8 months	50 g / 1.76 oz (4-5 tsp.)	155 ml / 5.24 fl oz	205 g / 7.23 oz

Baby Biscuit

	Porridge Powder	Water	Portion
From 6 months	45 g / 1.59 oz (4 tsp.)	140 ml / 4.73 fl oz	185 g / 6.53 oz
From 8 month	50 g / 1.76 oz (4-5 tsp.)	155 ml / 5.24 fl oz	200 g / 7.05 oz
For smaller portion	40 g / 1.41 oz (3-4 tsp.)	135 ml / 4.56 fl oz	175 g / 6.17 oz

Banana Semolina

	Porridge Powder	Water	Portion
From 6 months	45 g / 1.59 oz (4 tsp.)	140 ml / 4.73 fl oz	185 g / 6.53 oz
From 8 month	50 g / 1.76 oz (4-5 tsp.)	155 ml / 5.24 fl oz	200 g / 7.05 oz
For smaller portion	40 g / 1.41 oz (3-4 tsp.)	135 ml / 4.56 fl oz	175 g / 6.17 oz