



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 for until it reaches the required consistency. Check temperature.

The special HiPP ingredients

Per 100g powder: 40% follow-on milk (whey powder* partially demineralised, skimmed milk powder*, vegetable oils*, rice flour*, vitamin C, iron sulphate, zinc sulphate, vitamin E, niacin, pantothenic acid, vitamin B₁₂, vitamin A, vitamin B₆, vitamin B₉, 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 B₁₂, 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 (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
- traditional production
- natural organic cereal – without chemical-synthetical treatment or fast acting fertilisers*

Claus Hipp

*as required by Organic Directive

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

Composition

	per 100 g powder	per ready to eat portion 190 g
Energy kJ	1.805	903
kcal	429	214
Fat	12,0 g	6,0 g
- of which saturated fatty acids	3,8 g	1,9 g
Carbohydrates	64,6 g	32,3 g
- of which sugar	42,0 g	21,0 g
Dietary fibres	4,0 g	2,0 g
Protein	13,6 g	6,8 g
Salt	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	3,9 mg	2,0 mg
Zinc	2,7 mg	1,4 mg
Copper	120 µg	60 µg
Iodine	70 µg	35 µg
Selenium	14 µg	7,0 µg
Vitamin A	400 µg	200 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	48 mg	24 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	0,25 mg	0,13 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

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 gland function
 - ✓ **zinc & vitamin C** for the body's own defences
 - ✓ **vitamin A** for the immune system
 - ✓ **omega-3 fatty acids** important for brain and nerve cells
- ✓ **valuable whole-grain flakes**
- ✓ **sun-kissed fruits**
- ✓ **cereals**, easy to digest (contains gluten)

What's not in it

- ✗ added sugar¹
- ✗ added colouring*
- ✗ artificial flavouring*
- ✗ preservatives*

¹as required by law
²sugar naturally occurs in the ingredients

40408

e 250g

HiPP

Please open here

Oat Apple

Production date:
Best before:

FROM THE
6th
MONTH

HiPP

Organic Milk Pap
Good Night
Oat Apple



without
added
sugar

Prepare with water



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FS2 10/13

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 with wholemeal cereal flakes is particularly well filling and has no added sugar. Therefore, it is ideally suited as your baby's evening meal before bedtime.

Use

This milk pap is an ideal bedtime 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 250g

AL3331



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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 (max. 25°C).
Use up the opened sachet within 3-4 weeks.