

# GRUEL

Gruel is cereal, milk and fats that are good for you. Like porridge, but easy to drink!

Gruel is a nutritious meal, full of vitamins and minerals such as iron and zinc.

## PREPARATION

### IN MICROWAVE

1. Mix cold water and gruel powder in the bottle.



2. Shake until the powder has dissolved.



3. Heat the bottle, without top and dummy, on full output for about 40 seconds. Shake and then test to ensure that the gruel is warm enough.



### IN SAUCEPAN

Whisk together cold water and the powder and heat to the proper temperature. Enjoy!



## 1 PORTION

See instructions on the packaging.

Here is a quick translation.

Vatten: Water.

Pulver: Powder.

Färdig välling: Ready gruel.

msk means tablespoon.

dl means deciliter.

ml means milliliter.

## CONSUMPTION

Gruel is a filling dish for any meal. Many parents give their infants gruel before bedtime. Gruel can replace a meal, but exceeding 3 bottles a day is not recommended. Gruel is a gentle transition from liquid to solid food and must not replace solid food for a longer period.

## BEST BEFORE

Found on the top of the package. Once opened, it should be consumed within two months.

## QUESTIONS?

Please contact our Consumer Advice on phone + 46 2062 20 00, 9 AM to 12 PM weekdays.

Email: [konsumentkontakt@semper.se](mailto:konsumentkontakt@semper.se)

## STORAGE

Keep in a dry, dark place at normal room temperature, max. 25° C. Ensure that opened packages are kept closed or store in a tin with lid.

## FAQ

**QUESTION:** Does gruel contain gluten?

**ANSWER:** No, gruel from Semper for infants under 12 months old contains no gluten.

**QUESTION:** Should the gruel variety be changed when my child gets older?

**ANSWER:** No, if your child follows their height to weight ratio and is doing well, you do not need to change the variety. Our gruel products are adapted to the needs of children of different ages. For example, the gruel for older children has a lower fat content and a higher protein content because it is better suited for children of that age. But the nutrition content in all our gruel products is fully sufficient for both small and large children.

**QUESTION:** Is there a lot of sugar in gruel?

**ANSWER:** No, our gruel does not contain any added sugar.