

Starting your day good

Breakfast is arguably the most important meal of the day. A good breakfast helps you to kickstart your day on a high tone. But preparing a good breakfast can seem like a daunting task, especially when you have to make everything from scratch or are tired of the same old items. To add new flavours to your first meal of the day, food items like – tortilla, milk bread, and croissant – can make preparing breakfast easier, personalised even, especially when they are already prepared and ready to use. While tortilla and milk bread might seem abundant in the market, croissant is usually only found in cafes and not something one has the time or skill to prepare at home.

While some skip breakfast and have gotten used to the habit, missing morning



meals is not the best way to start the day. When we avoid breakfast, we are more prone to experiencing migraines, slower metabolism resulting in weight gain, low blood sugar, dizziness, and difficulty concentrating. Additionally, it causes a nutrition gap in folate, calcium, iron, and vitamins A, B1, B2, B3, and D. Studies show, having breakfast can lead to overall

health and aid in lowering blood pressure, stabilising blood sugar, and lowering cholesterol.

A hearty breakfast is suggested to get your metabolism going. Overeating or having a nutritionally imbalanced morning meal can lead to feeling groggy the rest of the day causing discomfort, acid reflux, or lethargy.



Using available breakfast items like milk bread, tortilla ruti, and croissant we can make get rid of these discomforts regularly.

For instance, a tortilla ruti can be used during breakfast in many ways. It can be consumed with a simple fried egg, turned into a wrap with a protein of your choice, vegetables, and other add-ons to your liking, or a breakfast burrito for a more filling meal if you are on the go.

With fluffy milk bread, your options are endless – French toast, cheese toast, sandwiches, bread rolls with your choice of filling, and so on. Making sandwiches is the most preferred on this list. One can opt to make a sandwich with jam, jellies, or other spreads, grilled sandwiches with chicken or tofu, egg sandwiches, or even use leftovers for the day before.

Similarly, a croissant can be used to

make breakfast. It adds a buttery flavour and a layer of butter or jam is bound to take it to the next level. To make it healthier, try adding some vegetables like lettuce and tomatoes, and a serving of fruit on the side.

Additionally, these breakfast options can be modified according to one's dietary needs and cravings.

With so many breakfast options, Dan Cake is bringing us ready-made tortilla ruti, milk bread, and croissant, to help us make our breakfast easily and with less time. Their tortilla ruti is essentially the staple breakfast food in every household commonly known as the 'ruti'. However, making this every morning can be a tedious task and having it already made makes our morning more efficient. As consumers, we get the efficiency of ready-made food while enjoying the nutritional value of homemade food.

What makes Dan Cake stand out is its strict adherence to European standards of food safety and hygiene. The tortilla ruti, milk bread, and croissant are all made from the finest raw materials and maintain high standards of hygiene and quality to ensure health for all consumers.

Taking an extra hour in the morning to prepare your breakfast can help one become more mindful of the food they consume and be energised throughout the day. This meal no longer has to be oily or sugary treats, which are rather unhealthy options.

With so many healthy options and Dan Cake making it easier to avail these items, there is no longer any excuse to miss breakfast.

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Photo: Dan Cake

