



Date:01-05-2023

# DANBRO UPDATES

## A VISIT OF APARSHAKTI KHURANA TO OUR INDRA NAGAR OUTLET.

Aparshakti Khurana, one of the most renowned Bollywood actors, visited our outlet of DANBRO by Mr. Brown, while he was here in Lucknow for his shoot. He tasted several things in our outlet but what he liked the most was Power-seed Cookies. "Power-seed Cookies, "the name itself says a lot.

Power seed cookies is one of the finest cookies in India. It is rich in Nutrients and is composed of healthy fibre-rich ingredients like pumpkin seeds, sunflower seeds, almonds, chia seeds, flax seeds, honey, etc. If you're a fan of healthy snacks, you've probably heard of power-seed cookies. These nutritious treats are packed with a variety of seeds and other wholesome ingredients that make them a great choice for anyone looking to boost their energy levels and improve their overall health.

One brand of power-seed cookies that stands out is DANBRO's Power-seed cookies. Made with nearly eight kinds of seeds, these cookies are a delicious and convenient way to get a variety of nutrients into your diet.



From left Aparshakti Khurana and Tanu Shree Gupta



From left Aparshakti Khurana and Kshitij Gupta

He visited our outlet as he was here in Lucknow for his shoot, but somehow he got to know about DANBRO by Mr Brown and its premium class products. During his visit to our store, he tried several products but what he liked the most was Powerseed Cookies. He dedicated a lyric of the song said something like "Tere Liye". This event by Aparshakti Khurana boosted our confidence and paved our way to more success.



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## POWER SEEDS COOKIES

### Why power seed cookies is super healthy?

It is super healthy because it is made up of all natural ingredients. It is rich in protein. It gives 27% protein in approx. 100 gm of cookies. No additives or preservatives are added to the cookies.

The Cookies that Aparshakti Khurana is holding a power seed cookies. The name power seed cookies is itself define everything that it give a lot of power to the consumer. Power seed cookies is one of the finest cookies in India. It is rich in Nutrients and it is composed of really healthy fiber rich ingredients like pumpkin seeds, sunflower seeds, almonds, chia seeds, flax seeds, honey, etc.

One brand of power-seed cookies that stands out is DANBRO's Power-seed cookies. Made with nearly eight kinds of seeds, these cookies are a delicious and convenient way to get a variety of nutrients into your diet.

So, what are the ingredients in DANBRO's Power Seed Cookies? Let's take a closer look:

**Sunflower Seeds:** These crunchy seeds are a great source of vitamin E, which is essential for healthy skin and immune function.



**Pumpkin Seeds:** Also known as pepitas, pumpkin seeds are loaded with magnesium, which helps support bone health and can reduce the risk of heart disease.

**Chia Seeds:** These tiny seeds are high in fiber and omega-3 fatty acids, which are important for brain health and can help reduce inflammation in the body.

**Flax Seeds:** Like chia seeds, flax seeds are rich in fiber and omega-3s, making them a great addition to any diet.

**Sesame Seeds:** These tiny seeds are a good source of calcium, which is important for bone health, and also contain antioxidants



that can help protect against disease.

**Poppy Seeds:** These small, crunchy seeds are a good source of minerals like calcium, iron, and magnesium.

**Millet:** This gluten-free grain is a good source of protein, fibre, and B vitamins, and can help keep you feeling full and satisfied.

So, what makes DANBRO's Power Seed Cookies stand out from other healthy snacks on the market? For one, they're incredibly tasty - even kids love them! But more importantly, they're made with high-quality ingredients and are free from artificial flavors, preservatives, and other additives that can be harmful to your health.

If you're looking for a convenient and delicious way to boost your energy levels and improve your overall health, consider trying DANBRO's Power Seed Cookies. Their delicious flavour and wholesome ingredients make them the perfect snack to keep you going throughout the day.



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## NUTS AND SEEDS

Nuts and seeds are good sources of protein, healthy fats, fibres, vitamins, and minerals. Nuts and seeds regulate body weight as their fats are not fully absorbed, they regulate food intake, and help burn energy. Nuts and seeds contain unsaturated fats and other nutrients that provide protective effects against heart disease.

Benefits of nuts:

Nuts have about 29 kJ of energy per gram, and are:

High in goodfats –

- monounsaturated fats (most nut types) & polyunsaturated fats (mainly walnuts).
- Low in saturated fats.
- Good sources of dietary protein – a good alternative to animal protein.
- Some nuts are also high in amino acid arginine, which keeps blood vessels healthy.
- Free of dietary cholesterol
- High in dietary fibre.
- Rich in photochemical that act as antioxidants.

Rich in vitamins and minerals – vitamins include – E, B6, niacin and folate) and minerals include – magnesium, zinc, plant iron, calcium, copper, selenium, phosphorus, and potassium.



Benefits of seeds

Like nuts, most seeds are rich in:

- protein, healthy fats, and fibre
- minerals (such as magnesium, potassium, calcium, plant iron and zinc),
- vitamins B1, B2, B3
- and vitamin E.

Oily seeds also contain antioxidants that stop the fats from going rancid too quickly.

Due to the unique nutrient profiles of nuts and seeds, they are known to provide several health benefits, such as:

- helping to maintain your weight
- reducing your heart disease risk
- reducing your diabetes risk.

## ONLINE EXAMINATION OF DANBRO INSTITUTE STUDENTS

This is online examination of the 6 months diploma program, examination was conduct by FICSI which is government body of Sector Skill Council.

The following tools are proposed to be used for final examination:

i. Written Test: This will comprise of (i) True / False Statements (ii) Multiple Choice Questions (iii) Matching Type Questions. Online system for this will be preferred.

ii. Practical Test: This will comprise a test job to be prepared as per



project briefing following appropriate working steps, using necessary tools, equipment and instruments.

iii. Structured Interview: This tool will be used to assess the conceptual understanding and the behavioural aspects as regards the job role and the specific task at hand.

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**DANBRO**  **INSTITUTE OF BAKERY & CULINARY ART & SCIENCE**

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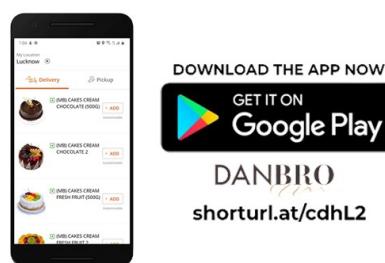
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Our Institute was founded on 27th September 2021 with a aim to give world qualified chef's in bakery & Culinary. Our Institute is running under the guidance of Mrs. Tanu Shree Gupta (Founder of the Institute)

Danbro Institute of Bakery and Culinary Art and Science is a premier Organization and focussing on New and Advance Techniques of Market with skill development, Food Technology, Research and Development projects by developing platforms for Market Demands and Skill Acquisition and Skill Enhancement.



## Contactless Order and Delivery



Scan the QR code and  
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and get membership points



## DANBRO PREMIX

Danbro Food Solutions Pvt. Ltd.



Premix by DANBRO

**DANBRO PREMIX:** We produce DANBRO Premix in one of our company i.e. DANBRO Food Solutions Pvt. Ltd., we produce premixes at large scale industries and also at small scale. So that, baking would become easy for everyone. With this we have an aim to make DANBRO, a ONE STOP SOLUTION for every baker. We have different varieties of premixes available with us and they are as follows:- Red Velvet, Brownie, Pizza Base for various sponges etc.

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### Note:

We welcome articles, success stories and other allied information from our readers and patrons, concerning Mr. Brown's products and other allied matters.

Views expressed in the articles are exclusively of the author only.

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