

Egg Meets Yoghurt

Two Multan breakfast staples that make each other work harder.

Two Complete Proteins Together

An egg supplies all nine essential amino acids on its own. Yoghurt adds more good dairy protein, keeping breakfast filling for longer.

Source: [Harvard Health Publishing](#)

Vitamin D Unlocks The Calcium

Egg yolk is one of the few natural food sources of vitamin D, and vitamin D helps the gut absorb calcium, so yoghurt's calcium gets put to better use.

Source: [NIH Office of Dietary Supplements](#)

A Real Dose Of Calcium

Yoghurt is one of the top dietary sources of calcium, and the body absorbs close to 30 percent of the calcium in dairy foods, a good deal more than it pulls from oxalate-rich vegetables like spinach.

Source: [NIH Office of Dietary Supplements](#)

Good For Digestion Too

Yoghurt with live cultures carries probiotics that support digestion and gut balance. Paired with egg's steady protein, breakfast turns gentle and filling.

Source: [Harvard Health Publishing](#)

B12 From Two Directions

Eggs and dairy both carry vitamin B12, a nutrient many diets fall short on. Pairing them at breakfast means two dependable sources land on the same plate.

Source: [NIH Office of Dietary Supplements](#)

IN SHORT

Whisked into eggs or spooned alongside them, a good egg and real yoghurt make a Multan morning worth waking up for.

References

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