

Calcium-Boosting Smoothie with Powdered Eggshells

Ingredients:

- **1 cup milk of choice** (unsweetened almond milk works great)
- **1 banana** (can be frozen for a creamier texture)*
- **Choice of fruit:** Apricots, kiwi, papaya, berries, orange, pineapple
- **Choice of greens:** Spinach, kale, Swiss chard, collard greens, mustard greens, nopales
- **1/2 teaspoon powdered eggshells** (for added calcium)

Instructions:

1. Prepare Ingredients:

- If you want a creamier smoothie, peel, slice, and freeze the banana ahead of time. You can also use fresh banana and add ice cubes for a chilled texture.
- Choose your favorite fruits and greens for the smoothie. The combination is up to you!

2. Blend:

- Add the milk, banana, your choice of fruit, greens, and powdered eggshells to a blender.
- Blend until smooth and creamy.

3. Serve:

- Pour into a glass and enjoy!

Tip: Freezing the banana will create a creamier, frosty texture, but fresh bananas with ice also work perfectly. Feel free to experiment with different fruit and greens combinations for varied flavors and nutrition!

Nutritional Breakdown (Approximate per serving):

- **Calories:** Varies depending on fruit and greens choice (approximately 150-200 kcal)
- **Calcium:** 600 mg (from powdered eggshells)
- **Protein:** 2-3 grams (depends on milk choice)
- **Fiber:** 3-5 grams (from banana, fruits, and greens)
- **Vitamin C:** Varies based on fruit selection (from kiwi, papaya, or berries)