

Powdered Eggshells for Calcium Supplement

Ingredients:

- Eggshells from at least 12 eggs (can be collected over time and stored in the freezer)

Instructions:

1. Collect and Wash:

- Collect a minimum of 12 eggshells. If you don't use eggs regularly, store the shells in the freezer until you have enough.
- Thoroughly wash the eggshells to remove any remaining egg whites or yolk.

2. Sterilize:

- Place the cleaned eggshells in a pot of water and bring it to a boil.
- Boil the eggshells for 15 minutes to sterilize them, reducing any risk of bacteria like Salmonella.

3. Dry:

- Remove the sterilized eggshells from the pot and place them on a paper towel to remove excess moisture.

4. Bake:

- Preheat your oven to 225°F (107°C).
- Place the eggshells on a baking sheet in a single layer and bake for 20 minutes, or until completely dried out and brittle.

5. Grind:

- Once the shells are cooled and dry, pulverize them using a food processor, coffee grinder, or high-powered blender until they form a fine powder.
- If needed, finish by grinding any larger pieces with a mortar and pestle to achieve a consistent texture.

6. Store:

- Transfer the powdered eggshells to a clean, airtight container.
- Store the container in a cool, dark place, and use within one month.

Usage:

- Add 1/2 teaspoon of powdered eggshells to smoothies, drinks, or other foods to get approximately 400-500 mg of calcium.

Note:

Ensure proper sterilization and drying to avoid contamination risks. Keep track of your total calcium intake to prevent overconsumption.

The nutritional breakdown for **1/2 teaspoon of powdered eggshells** is approximately:

- **Calcium:** 600 mg

This makes it an excellent natural source of calcium, providing a substantial amount for daily intake.