



## EGGSHELL POWDER RECIPE



• 0:05 Prep • 0:40 Cook • 30 servings • Easy • Carnivore • Dairy-free

### Ingredients:

12 to 30 eggshells

### Equipment:

A coffee grinder or a food processor

### Directions:

1. **Gather eggshells.** Collect the shells as you use eggs until you have at least 12, preferably 30 to be worth the effort. If you don't eat eggs regularly, collect the shells and store them in a bag in the freezer until you have enough. It's best to get pasture-raised eggs to make eggshell powders. But if you can't afford them, don't let that stop you from making your very own calcium supplement.
2. **Sterilize the eggshells.** Put the eggshells in a pot, cover with water and boil them for 10 minutes.
3. **Dry the eggshells.** Drain the water completely. Spread the eggshells on a baking tray. Bake them at 200F for 25 minutes.
4. **Grind the eggshells.** Put the eggshells in a coffee grinder or a food processor and grind them into a very fine powder. Store in a glass jar for use.

### Usage:

- One medium-sized eggshell makes about one teaspoon of powder, which yields about 750 to 800 mg of calcium.
- Have a teaspoon a day with water or add it to your protein shake if you use a protein supplement.

### Notes:

- Calcium accounts for about 39% of the weight of an eggshell. Because the composition of eggshells is very similar to that of human teeth and bones, eggshells are a good source of non-dairy calcium.
- Experimental and clinical studies on animals and humans have found positive effects of eggshell powder on bone health, cartilage growth, and treatment of osteoporosis.
- Using eggshells as a calcium source also helps to minimize waste. While calcium deficiency is prevalent even in developed countries, globally, about 110 billion tons of eggshells are produced and often used as a plant fertilizer or destined for landfills.

