

10 EXCLUSIVE

# Bone Healthy Smoothie Recipes



BONE BUILDING + NOURISHING + ENERGIZING

**AlgaeCal**  
[www.algaecal.com](http://www.algaecal.com)



# 10 Exclusive Bone Healthy Smoothie Recipes

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## Smoothies are a fast and convenient way to fuel your body with the vitamins and minerals your body and bones need. That's why we are major smoothie enthusiasts here at AlgaeCal!

But just like calcium supplements, not all smoothies are created equal. That's why we've decided to take the guesswork out of it. So you can concentrate on your busy life and be sipping on that delicious morning or post-workout smoothie in about 5-minutes flat. Talk about simple.

We know it can be difficult to tell how many calories, protein and sugars you are getting from your smoothies, so we've taken the guesswork out of that, too! The nutritional information for the following recipes are approximate. But calculations do vary based on the size of ingredients, additions, and any other variables.

Our aim was to make these smoothies nutrient dense, while keeping the sugar low. Therefore, they're not too sweet. If you would like to add some natural sweetness (and creaminess!) to any of the following recipes, we recommend 1 small frozen banana. (It will add an additional 90 calories, 12g of sugar, 23g carbs, 1g protein, and 3g of dietary fiber.)

Protein insufficiency is a leading cause of osteoporosis! So we recommend adding a scoop of your favorite protein powder to each recipe.

Look for a protein powder that gives you at least 12 g of clean protein per serving and as an added bonus, try and find one that contains collagen.

Protein is a crucial component to bone health, (as 50% of the total volume of your bone is made up of protein!) plus it aids in workout and muscle recovery.

Some optional, protein-rich additions (and favorites here at AlgaeCal headquarters) are hemp hearts, chia seeds and spirulina. If you want to kick your smoothies up a notch, we recommend adding 2 capsules of AlgaeCal Plus to any of the following recipes. Not only will it give them an added nutrient boost, but it also gives you another way to enjoy AlgaeCal. Simply twist the capsules apart and add the powder to the recipe.

It's time for you to feel energized! Load up on the beneficial ingredients in our 10 exclusive bone healthy smoothie recipes now!

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any diseases.

**AlgaeCal**





## BENEFITS

- + **Antioxidants:** Cacao contains complex antioxidants called polyphenols, which play a role in the prevention of certain diseases like cancer and degenerative diseases. \*
- + **Immunity:** While high in calories, coconut butter is rich in lauric acid, which helps fight harmful bacteria, fungi and viruses...and boosts immunity! It's also packed with healthy fats making you feel fuller longer. \*

# Chocolate Coconut Craver Smoothie

- VEGAN
- NON-GMO
- SOY-FREE
- GLUTEN-FREE
- HIGHER FIBER

## NUTRITION INFO: 1 serving (8 oz)

<b>436</b> Calories	<b>8g</b> Protein
<b>20.5g</b> Sugars	<b>16.5g</b> Dietary Fiber
<b>49g</b> Carbohydrates	<b>23g</b> Saturated Fat

## INGREDIENTS

- 1 cup coconut water
- 1 tablespoons cacao powder
- 1 small banana
- 1/2 cup of ice
- 2 tablespoons Coconut butter
- Coconut shavings to top

## PREPARATION

In a blender, add coconut water, cacao powder and coconut butter. Then add banana and ice. Cover and blend well. Top with coconut shavings.



## BENEFITS

- + **Vitamin and Mineral Rich:** Two capsules of AlgaeCal Plus provides you with 360 mg of plant-based calcium, 175 mg of magnesium, 800 IU vitamin D3, 50 mcg vitamin K2 plus over 70 trace minerals! \*
- + **Healthy Fats:** Avocado is high in monounsaturated fats, which has been shown to lower heart disease risk.\*

# Super Green Delight Smoothie

- VEGAN
- NON-GMO
- SOY-FREE
- GLUTEN-FREE
- RICH IN GREENS

## NUTRITION INFO: 1 serving (8 oz)

<b>260</b> Calories	<b>5g</b> Protein
<b>7.5g</b> Sugars	<b>11g</b> Dietary Fiber
<b>28g</b> Carbohydrates	<b>2g</b> Saturated Fat

## INGREDIENTS

- 1 cup chopped kale
- ½ small apple, chopped
- 1 cup almond milk
- ½ avocado
- ½ cup ice
- 2 capsules of AlgaeCal Plus powder

## PREPARATION

In a blender add kale, avocado, almond milk and powder from 2 AlgaeCal Plus capsules. Then add apple and ice. Cover and blend well.





## BENEFITS

- + **Protein:** A vital component to building healthy and strong bones. Protein makes up roughly 50% of the volume of bone.\*
- + **Calcium-Rich:** Almond milk and greek yogurt gives this smoothie a calcium-rich boost your bones will love.\*

# Dean's Addictive Peanut Butter Surprise Smoothie

- NON-GMO
- SOY-FREE
- GLUTEN-FREE
- HIGH FIBER

## NUTRITION INFO: 1 serving (8 oz)

<b>290</b>	Calories	<b>11.5g</b>	Protein
<b>6g</b>	Sugars	<b>8.5g</b>	Dietary Fiber
<b>19.5g</b>	Carbohydrates	<b>8g</b>	Saturated Fat

## INGREDIENTS

- 1 tablespoon natural peanut butter
- 1 cup almond milk
- ¼ cup plain yogurt
- 1 tablespoon cacao powder
- 1 tablespoon cacao nibs, plus extra to top
- ½ cup ice
- 1 small banana

## PREPARATION

In a blender add almond milk, yogurt, cacao powder and cacao nibs. Then add peanut butter, banana and ice. Cover and blend well. Top with extra cacao nibs.



## BENEFITS

- + **Dietary fiber:** Oats are loaded with a specific dietary fiber called beta-glucan, which has been shown to help lower levels of bad cholesterol.\*
- + **Supportive:** Cherries may prevent insomnia due to its melatonin content, which normalizes heart rhythms and controls your sleep cycle.\*

# Sweet Dark Cherry Oat Smoothie

- VEGAN
- NON-GMO
- SOY-FREE
- HIGH FIBER
- LOW CALORIE

## NUTRITION INFO: 1 serving (8 oz)

<b>164</b> Calories	<b>4g</b> Protein
<b>10.5g</b> Sugars	<b>5g</b> Dietary Fiber
<b>27g</b> Carbohydrates	<b>0g</b> Saturated Fat

## INGREDIENTS

- ½ cup frozen cherries
- ¼ cup oats
- 1 cup almond milk
- ½ cup spinach
- ½ cup ice

## PREPARATION

In a blender add almond milk and spinach. Then add oats, frozen cherries and ice. Cover and blend well.





**BENEFITS**

- + **Phytonutrient Support:** Incorporating spices like cinnamon and ginger not only add great flavor, but provide phytonutrients, minerals and antioxidants.\*
- + **Eye Health:** Studies show clear benefits of carrots for eye health and in addition, have anti-cancer benefits.\*

# Perfectly Spiced Carrot Cake Smoothie

- VEGAN
- NON-GMO
- GLUTEN-FREE
- LOW CALORIE
- FRUIT-FREE

NUTRITION INFO: 1 serving (8 oz)			
74	Calories	1g	Protein
2.7g	Sugars	3.5g	Dietary Fiber
9g	Carbohydrates	0	Saturated Fat

**INGREDIENTS**

- ½ cup shredded carrots
- 1 cup coconut milk
- ½ teaspoon cinnamon
- ½ teaspoon ground ginger or fresh ginger (small knob)
- ¼ cup ice
- Optional toppings: walnuts, coconut flakes, cinnamon, chia seeds

**PREPARATION**

In a blender add carrots, coconut milk and cinnamon and ginger. Then add ice. Cover and blend well. Top with walnuts, chia seeds and coconut flakes.





## BENEFITS

- + **Energizing:** Chia seeds are natural energy boosters and have been studied to improve exercise performance, comparable to sugar-laden energy drinks.\*
- + **Herbtastic:** Research has shown that parsley can help with bladder infections, digestive problems...and even osteoporosis.\*

# Greentastic Smoothie

- VEGAN
- NON-GMO
- SOY-FREE
- GLUTEN-FREE
- FRUIT-FREE
- RICH IN GREENS

## NUTRITION INFO: 1 serving (8 oz)

<b>282</b> Calories	<b>6g</b> Protein
<b>7g</b> Sugar	<b>16g</b> Dietary Fiber
<b>25g</b> Carbs	<b>2g</b> Sat Fat

## INGREDIENTS

- ½ cup spinach
- 1 small cucumber, chopped
- ½ lemon, juiced
- ½ avocado
- 2 tablespoons parsley, chopped
- 1 cup coconut water
- 1 tablespoon chia seeds
- ¼ cup ice

## PREPARATION

In a blender add coconut water, lemon, chia seeds and parsley. Then add spinach, cucumber, avocado and ice. Cover and blend well.



**BENEFITS**

- + **Detoxification:** Beets contain pigments called betalains, which have been shown to support our body’s detoxification process.\*
- + **Brain Function:** Blueberries and strawberries have been linked to maintaining brain function and memory.\*

# Beet Mania Smoothie

- VEGAN
- NON-GMO
- SOY-FREE
- GLUTEN-FREE
- LOW CALORIE

**INGREDIENTS**

- ½ cup beet juice
- ½ cup blueberries
- ¼ cup ice
- ½ cup kale

**PREPARATION**

In a blender add beet juice, kale and blueberries. Then add ice. Cover and blend well.

NUTRITION INFO: 1 serving (8 oz)			
111	Calories	3g	Protein
18g	Sugars	2.5g	Dietary Fiber
25g	Carbohydrates	0g	Saturated Fat





**BENEFITS**

- + **Omega-3s:** Omega 3 fatty acids can combat premature aging, cognitive decline and inflammation. It is incredibly important for optimal health and bone health.\*
- + **Protection:** Ginger and turmeric are potent anti-inflammatories. Chronic inflammation can lead to conditions and diseases such as rheumatoid arthritis and dementia.\*

# Anti-Inflammatory Ginger Turmeric Smoothie

- NON-GMO
- SOY-FREE
- GLUTEN-FREE
- HIGH OMEGA-3
- LOW CALORIE

NUTRITION INFO: 1 serving (8 oz)			
121	Calories	1g	Protein
5g	Sugars	2.25g	Dietary Fiber
14.5g	Carbohydrates	1g	Saturated Fat

**INGREDIENTS**

- 1 small knob ginger
- 1 small knob turmeric
- 1 cup almond milk
- ¼ cup frozen mango
- 1 tablespoon Triple Power Omega 3 Fish oil

**PREPARATION**

In a blender add almond milk, ginger, turmeric, mango and Triple Power Omega 3 Fish Oil. Cover and blend well.



## BENEFITS

- + **Nutrient Combo:** Cucumbers contain three kinds of phytonutrients cucurbitacins, lignans, and flavonoids that provide anti-cancer, anti-inflammatory and antioxidant benefits.\*
- + **Optimal Health:** Compounds in citrus fruits called limonoids have been shown to fight cancers of the lung, breast and colon.\*

# Cucumber Spa Smoothie

- VEGAN
- NON-GMO
- SOY-FREE
- GLUTEN-FREE
- LOW CALORIE

## NUTRITION INFO: 1 serving (8 oz)

<b>115</b> Calories	<b>5g</b> Protein
<b>6g</b> Sugars	<b>8g</b> Dietary Fiber
<b>16g</b> Carbohydrates	<b>0g</b> Saturated Fat

## INGREDIENTS

- 1 cup coconut water
- ½ lime, juiced
- 1 small cucumber, chopped
- 1 tablespoon chia seeds
- ½ cup ice

## PREPARATION

In a blender add coconut water, lime juice, and chia seeds. Then add cucumber and ice. Cover and blend well.





**BENEFITS**

- + **Antioxidants:** Blueberries boast a high Oxygen Radical Absorbance Capacity (ORAC) value which is the measure of antioxidant value in foods.\*
- + **Cholesterol Fighter:** Almonds contain cholesterol-lowering effects, which may have something to do with the antioxidant effects of vitamin E.\*

# Plumlicious Smoothie

- VEGAN
- NON-GMO
- SOY-FREE
- GLUTEN-FREE

NUTRITION INFO: 1 serving (8 oz)			
202	Calories	3g	Protein
33g	Sugar	8g	Dietary Fiber
43g	Carbs	.07g	Sat Fat

**INGREDIENTS**

- 1 cup almond milk
- 3 small dark plums, chopped
- ½ cup blueberries
- ½ cup spinach
- ½ cup ice
- ½ apple, chopped

**PREPARATION**

In a blender add almond milk, spinach and plums. Then apple, blueberries and ice. Cover and blend well.

# Make Sure You Add Two Bonus Ingredients

Every recipe you read here is chock full of nutrients, vitamins and good-old-fashioned healthy ingredients. But that doesn't mean you can't add a couple more that target your special, personal health needs.



## Introducing AlgaeCal Plus

**AlgaeCal Plus** increases bone density! This unique formulation of plant-based calcium, vitamins C, D3 and K2, plus more than 70 trace minerals perfectly matches the elements you find in your bones. **AlgaeCal Plus** is your complete solution to reverse bone density loss.

Take two capsules at breakfast time, and two at lunch. (Hey, you can even open the capsules and sprinkle the powder into your smoothie! No added taste, just added health benefits!)



## Introducing Triple Power Omega 3 Fish Oil

It features a natural mango flavor – something like a mango candy – and goes great with all the recipes in this e-book... especially the fruit smoothies!

Besides from the amazing taste, you get the complete health benefits of more than 1400 milligrams of inflammation fighting EPA and DHA.... Plus 200 more milligrams of additional omega-3s, and super inflammation fighters turmeric curcumin and astaxanthin.

When you add just one tablespoon of **Triple Power** to these recipes (or simply enjoy it right off the spoon!) you put the brakes on uncontrolled inflammation... the biggest root cause of so many health issues that affect every part of your body – from the brain in your head to the bones in your toes.

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You can buy both **Triple Power Omega 3 Fish Oil** and **AlgaeCal Plus** today, at amazing savings, including free shipping!

[Click Here](#)

to grab your **Triple Power Omega 3 Fish Oil**...

[Click Here](#)

to order your **AlgaeCal Plus**...

Just a word of warning: These are two of the most popular health solutions you can get online (but not in any retail store) and sometimes supplies run low. Your best way to go is to click and order **Triple Power** and **AlgaeCal Plus** as soon as possible.

Email: [support@algaecal.com](mailto:support@algaecal.com) Phone: 1 800 820 0184  
For more bone healthy recipe inspiration, visit [www.algaecal.com/expert-insights](http://www.algaecal.com/expert-insights)

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