



Chlorella Fresh Fruit Smoothie

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Chlorella Algae

- Fresh water algae that is one of the oldest foods on the planet.
- High in vitamins and minerals such as Vitamin A, B - Complex, C, D, E, K, calcium, iron, magnesium, and potassium.
- Has a hard outer shell that needs to be broken down into a powder before being digested.



Information about Chlorella Algae

- One of the most recognized single-celled plants.
- A blue-green algae that is considered a dietary supplement.
- Many people refer to chlorella algae as the “world’s most nutritious whole food.”
- Rich in antioxidants, and is naturally alkaline balanced.



Benefits to using Chlorella Algae

- Helps improve the digestive system.
- Helps body fight against cancer.
- Can be used for detoxification against pesticides and heavy metals.
- The alkaline in chlorella helps your body balance its pH levels.
- Helps maintain blood pressure and cholesterol levels in the body.

Ingredients for Fresh Fruit Smoothie

- 2 peaches, peeled, halved, pitted
- 1 grapefruit, peeled, quartered
- 1 orange, peeled, halved
- 1 very ripe frozen banana, peeled, chopped
- 8 strawberries, hulled
- 1/2 cup plain whole-milk yogurt
- 1/2 cup of apple juice
- 1 tablespoon agave syrup (nectar)
- 1 tablespoon of chlorella algae powder



Preparation of Fresh Fruit Smoothie



1. Wash and prepare the blender.
2. Wash, peel, slice, and place fruit into the blender.
3. Mix in all other ingredients into the blender.
4. Place lid on the blender and blend ingredients for about 45 seconds until the ingredients create a smooth mixture.
5. Pour into glass and enjoy your cold refreshing fruit smoothie.

A glass of pink smoothie with strawberries and a banana in the background.

Works Cited

- <http://www.antioxidants-for-health-and-longevity.com/chlorella-facts.html>
- <http://www.jadechlorella.com/chin.html>
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- <http://shesdaily.blogspot.com/2010/12/tasty-fruit-smoothie-recipes-in-less.html>