

Toothpaste

Ingredients

8 tablespoons coconut oil (solid)
2 tablespoons bicarbonate of soda
20 drops peppermint, clove or cinnamon essential oil (or a combination of all)



Method

Put the coconut oil in a small bowl and work it with a spoon to soften. Gradually add the bicarbonate of soda and mix it thoroughly. Add the essential oil and mix again.

Put the mixture into a sterilised jar.

Use the same amount as normal toothpaste by putting a small amount on your toothbrush using a clean spoon.

Brush and rinse as normal.

Keep for up to a month.

