

Recipe for Homemade Toothpaste

Ingredients

Organic Coconut Oil
Baking Soda
Essential Oils

Note: Chose the essential oils based on what you like and use enough to create the taste you like. I do recommend approximately 5 drops of Tea Tree Oil per tbs of coconut oil for its antimicrobial qualities.

Directions:

- Combine equal parts of coconut oil & baking soda in a small glass jar and mix thoroughly.
- Add essential oils to taste
- Cover with lid
- To use just open lid, dip toothbrush in or scoop some out with a spoon and recover jar.
- No refrigeration necessary

