

Homemade Toothpaste

You'll be surprised at how fresh your mouth feels.

Ingredients:

Baking Soda

Coconut Oil

Peppermint Essential Oil (optional)

Directions:

1. Depending on the size of your container, combine enough baking soda with coconut oil to make a paste the consistency that you like.
2. Mix in just a drop of peppermint (or spearmint) essential oil. More drops can be added to taste.
3. Cover with lid.

Refrigeration is not necessary, but beneficial.

Happy brushing!