

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Homemade Toothpaste with Coconut Oil

(Originally from Crunchy Betty)

Ingredients:

- 6 tbsp coconut oil
- 6 tbsp baking soda
- 25 drops essential oils (whichever you prefer—Grapefruit, Thieves, Peppermint)
- 1 tsp stevia (or more if you like it sweeter)

Directions:

- Mix all ingredients together in a bowl or mix until combined with mixer.
- Pour into mason jar and seal it up until ready to use.
- Use a popsicle stick to apply to toothbrush or just dip right into the jar.