

COCONUT TOOTHPASTE

6 tsp baking soda

¼ tsp hydrogen peroxide

2 tbsp Coconut Oil (heated enough to be liquid – above 76 degrees F)

10 drops pure essential oil (peppermint, cinnamon, clove, citrus, whatever you like)

Mix all together until you have a paste, if mixture is too thin add a small amount of baking soda until the paste reaches the desired consistency, if too thick add a additional coconut oil.

Store in a dark or opaque container, to protect the hydrogen peroxide.