

CLAY TOOTHPASTE RECIPE

Ingredients:

- 1 ½ Tbsp bentonite/Montmorillonite clay
- 2 Tbsp distilled/filtered water
- 1 Tbsp coconut oil, melted
- ⅓ tsp sea salt (if you have soft enamel or sensitive teeth you may want to skip this or use less salt)
- 2 tsp baking soda (you could also add more in the summer if your coconut oil gets melty, but also add more water)
- 5-10 drops essential oils (eg. tea tree, clove, eucalyptus, thieves, frankincense, peppermint)

Method:

Mix water and clay to form a paste, then add all the other ingredients together.

Mix and put it in a glass/plastic jar or a toothpaste container-- do NOT let it get into contact with metal (wooden or plastic spoons are fine).