

COCONUT OIL TOOTHPASTE RECIPE

Ingredients:

- Half cup of coconut oil
- 2 Tbsp. baking soda
- A few drops of essential oil of your choice (peppermint and/or myrrh oil recommended)

Method:

Melt the coconut oil (keep jar in hot water until melted), then add all other ingredients and mix well.

Put the mixture in a jar (you may keep it in the fridge for an hour to solidify) and apply on toothbrush to brush your teeth as needed.