

Easy, Chemical-Free Toothpaste Recipe

Gluten Free ~ Fluoride Free ~ Sugar Free ~ Aluminum free

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Servings: About 1 cup

Prep & Cook Time: About 5 minutes

Ingredients

- 1/2 cup Organic Extra Virgin Coconut Oil
- 1/2 cup Aluminum-Free Baking Soda
- 20 drops Essential Oil (Peppermint or Cinnamon Bark)
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Instructions

1. Combine all three ingredients into a small mixing bowl. Whip everything together with a mixer on High Speed until mixed well (OR stir everything together well with a fork).
2. Scoop into a glass jar with a lid. Store your toothpaste in a cool, dry place. If you live in a warm climate, store toothpaste in the refrigerator to keep oil from melting.
3. Enjoy!