

Homemade Toothpaste from Jill Hollings

Why make your own toothpaste? If you make your toothpaste in a glass jar, you will cut down on the use of plastic to make the tubes and lids. Also how about using a bamboo toothbrush and wooden handled interdental brushes? Again this will reduce the plastic that ends up in landfill or our oceans. Thank you.

Ingredients:

½ cup coconut oil

2-3 tablespoons bicarbonate of soda

A little Stevia powder if you like sweetness (I don't use it)

15 – 20 drops of peppermint essential oil

Method:

Melt coconut oil in a jar in a pan of hot water and add the other ingredients once it has melted and stir.

I add a little edible oil which is liquid at room temperature to loosen it a bit, as it tends to be hard in the winter.

