

RECIPE

Safe & Healthy Toothpaste



Traditional toothpaste contains **Sodium Lauryl Sulfate, fluoride** and other ingredients that are very toxic to the body.

Have you ever wondered why a product meant for the mouth should have a “IF SWALLOWED, CALL POISON CONTROL IMMEDIATELY” warning on the label?

Never fear, safe and healthy toothpaste is here.

A few years back, one of our sons had 3 cavities. Since switching to this toothpaste, we have not had one cavity. I’m just saying... Enjoy!

Learn more about tooth health, [here](#).

Ingredients

- 1 cup [baking soda](#)
- 1 tablespoon [stevia powder](#)
- 1 teaspoon [peppermint essential oil](#)
- organic [extra virgin coconut oil](#)

Preparation

Place a jar of coconut oil in warm water to melt the coconut oil.

Place baking soda and stevia powder in a bowl and mix well.

Next, add the peppermint oil then add enough coconut oil to make the mixture slightly more runny than traditional toothpaste, mixing well.

Taste and add more peppermint or stevia (to make it sweeter) depending on your taste preference.

Place toothpaste in half pint jars for use. I use one jar per person to keep from passing germs around.

Because coconut oil is solid at room temperature, this toothpaste will solidify and thicken. Dip (or scoop) toothbrush in toothpaste until brush has a good amount of paste then brush teeth as usual.