

Homemade Toothpaste

Homemade everything.



To make your own toothpaste, just use a fifty/fifty ratio of coconut oil to baking soda. Start with a small batch and use a few tablespoons of each.



If you like, add a few drops of an essential oil, like peppermint or spearmint, for flavor and a bit of stevia for sugar-free sweetness.



After mixing your toothpaste, keep it in a glass container with a lid. Then, just spoon some out for use or just dip your dry toothbrush into it. The mixture doesn't need to be refrigerated.

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