



PLASTIC FREE JULY

Will you accept the challenge?

Homemade Toothpaste

Recipe 1

Ingredients:

- 4 teaspoons baking soda.
- 1 teaspoon table salt.

Instructions:

- Mix the ingredients together. You can make some of this up in advance, just multiply and use 4 parts baking soda to one part salt.
- Take some of the mixture and add just enough water to make a toothpaste.

Recipe 2

Ingredients:

- 4 teaspoons baking soda.
- 1 teaspoon table salt.
- 3 teaspoons hydrogen peroxide (3% solution only! Get from the chemist).

Instructions:

- Mix the baking soda and the salt then add hydrogen peroxide to make it into a toothpaste.

Recipe 3

Ingredients:

- 4 teaspoons baking soda.
- 1 teaspoon table salt.
- As much glycerine as you need to make a paste (from the chemist)

Instructions:

- Mix the baking soda and the salt, add glycerine to make it into a toothpaste

Recipe 4 (Jess's recipe)

- ½ cup of baking soda
- enough coconut oil to bind into a paste
- pinch natural salt
- ground dried sage/essential oil to taste



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Instructions

Mix all ingredients to make a paste

You can add a range of things to make your toothpaste more palatable. Try vanilla oil, cinnamon oil, peppermint oil, lemon peel, mint leaves or sage leaves.

[Find more recipes to help you on your plastic free journey here.](#)