

remineralizing toothpaste

RECIPE FROM: [The Healing Power of Essential Oils](#)

COOK TIME: 10-20 minutes

1/3 cup [Bentonite Clay Powder](#)

1/4 cup hot water

1/4-1/2 teaspoon Pure Stevia Extract (not Xylitol) - optional

1/4 teaspoon pink Himalayan salt

1 tablespoon coconut oil, melted

20 - 30 drops essential oils

(see recommended combination below)

Essential Oil combinations for toothpaste:

- Lemon, Lime and Grapefruit
- Orange, Clove and Peppermint
- Cinnamon, Clove and Orange
- Roman Chamomile and Wintergreen
- Tea Tree and Lemon
- Frankincense and Myrrh



MIX the Bentonite clay powder and hot water.

ADD the stevia, salt, coconut oil and essential oils.

BLEND until thoroughly mixed.

STORE in a glass jar with a tight-fitting lid. (Do not store in plastic.)