



# Cornerman's DIY Toothpaste

## Ingredients:

- 1/4 cup bentonite clay (Whole Foods or Amazon)
- 1/2 teaspoon salt
- 1/3 cup water
- 2 tablespoon coconut oil
- 15-20 drops any combination of cinnamon, spearmint, peppermint, myrrh, or clove essential oil

## Instructions:

1. Combine clay, salt, and water in a KitchenAid mixer. Mix until clumps are gone. If you live off the grid, you can use a mortar and stick to mix your paste, but it might be a little clumpy.
2. Next, mix the clay mixture with the rest of the ingredients and mix well.
3. Use a spoon, spatula or, piece of tree bark to scrape your paste into an 8 oz mason jar or another glass container.

**Warning!!!** Turmeric stains **everything!** Try to limit your drooling and be sure to look in the mirror at your lips, cheeks, and chin before you leave your house. I've left before with half my right cheek yellow a couple times.

Also, this toothpaste doesn't have the texture or taste of toxic Crest toothpaste. You'll get used to it! You don't want the man-made chemicals from Procter and Gamble in your mouth!

