



Another "548 Pure Soap™" Recipe, from  
Pallas Athene Soap & Natural Skin Care  
[www.PallasAtheneSoap.com](http://www.PallasAtheneSoap.com)

## Natural Toothpaste, 1 Ounce

This recipe includes 548 Pure Soap™ which may be purchased in a gift box of five 4.50-ounce regular size bars for \$8.00; hence the name "5 bars '4' \$8." 548 Pure Soap™ is unadulterated natural soap; it does not contain preservatives or synthetic ingredients; it is certified vegan and is 100% biodegradable. This recipe is the property of Pallas Athene Soap & Natural Skin Care and may be printed "as is," without alteration and without removing the Pallas Athene Soap logos. The recipe is for personal use only; the actual recipe and the product made from this recipe may not be sold for profit or otherwise.

### Supplies Required

1 tablespoon grated 548 Pure Soap™, 2 tablespoons baking soda (sodium bicarbonate), 1 tablespoon filtered or distilled water, method of grating soap (such as a cheese grater or potato peeler), small mixing spoon, measuring spoon (tablespoon), small bowl, and a lid for the bowl or plastic wrap to seal the bowl. Essential oils of spearmint &/or peppermint are optional.

### Step 1: Grate 1 Tablespoon of Soap

To attain 1 tablespoon of grated soap, either use a cheese grater to grate the soap in the same manner used to grate cheese or use a potato peeler to peel shaved curls of soap from the edges of the bar. Measure 1 tablespoon of the grated soap by pressing the grated soap into the tablespoon until it is full and level, not heaping. Place the grated soap into a small bowl.

### Step 2: Dissolve the Soap with 1 Tablespoon of Water

Pour 1 tablespoon of water over the tablespoon of grated soap. Cover the bowl with a lid or with plastic wrap. Allow the soap to completely dissolve in the water for about an hour, until the combination becomes gelatinous. After an hour, check to make sure all of the soap has completely dissolved; if necessary, slowly stir with a spoon and re-cover the bowl until the soap has completely dissolved.

### Step 3: Add the Remaining Ingredients

Uncover the bowl and add 2 level tablespoons of baking soda (sodium bicarbonate) to the dissolved soap. Use a small mixing spoon to combine the ingredients. Note: The combination will seem too dry but do not add more water; after continuing to mix with a spoon for about 1 minute, the product will resemble the consistency of commercial toothpaste. The natural toothpaste may be used without flavoring; however, to make the unsweetened, unflavored natural toothpaste more palatable, add 30 drops of essential oils for natural flavoring. The recommended essential oils are 15 drops of spearmint and 15 drops of peppermint. Mix in the essential oils and cover the bowl to prevent the essential oils from evaporating.

### Directions for Use of Natural Toothpaste

Dip dry toothbrush into the natural toothpaste to apply approximately ½ teaspoon to toothbrush. Brush teeth as usual. This recipe yields enough natural toothpaste for approximately twelve applications. The recipe ingredients may be doubled to yield a larger quantity of toothpaste. Once made, the toothpaste should be stored in a sealed container and used within 3 weeks.

For more free 548 Pure Soap™ recipes, please visit:  
<http://www.pallasathenesoap.com/548soap.html>