



Blue Yonder Urban Farms

<http://blueyonderurbanfarms.com>

The Ultimate Coconut Salt Bar

THE RECIPE

Ingredients:

- 16 grated Bar Soap
- 5 oz. Salt
- 5 oz. Baking Soda
- 1.5 oz. Poppy Seed (optional)
- 3 tbsp. Olive Oil
- 24 tbsp. Distilled Water

Equipment:

Large Bowl
Large Stainless Steel Pot w/lid
Measuring spoons
Spatula
Spoon
Plastic containers for molds

Instructions:

1. In a large bowl, add the salt, baking soda, and poppy seeds.
2. Add 3 tbsp. Olive oil, and mix well.
3. Weigh the grated soap and mix with salt, baking soda, poppy seed, olive oil mix.
4. Move mix to the large stainless steel pot, cover with the lid and put the pot in the oven at 350 degrees.
5. Check the progress of the salt bar batter every 15 - 30 minutes, when it has completely melted and is puffing up, remove.
6. Stir down the batter and quickly add to molds, and press down.
7. Set filled molds in an out of the way place for several days, then unmold and let cure for two weeks... Then Enjoy!

Use Coconut Salt Bars for exfoliating dry rough skin, do not use on tender delicate facial or other skin.