



# ZERO WASTE RECIPE



## TOOTHPASTE

### INGREDIENTS

- water
- blanc de meudon or white clay
- bicarbonate of soda
- essential oil of mint or lemon or eucalyptus

### UTENSILS

- 1 tablespoon
- 1 teaspoon
- 1 salad bowl
- glass jar

### INDICATIONS

- Preparation: 10 minutes
- Precautions: clean hands and tools

### PREPARATION

- 01** Mix the blanc de meudon with water to obtain a paste that sticks to the spoon.
- 02** Add a pinch of bicarbonate (or two for a large pot).
- 03** Add a maximum of two drops of essential oil.
- 04** Store for a maximum of one month. Close the jar tightly after each use.