

2/3/14

This is a great easy recipe that I made on Saturday in literally 30 minutes. Since my [goats milk soap](#) recipe was so much fun to make I thought why not make something even easier.

Materials/Ingredients:

Stock Pot
Measuring Bowl
Stick Blender
Candy Thermometer
26 oz Coconut Oil
66 oz Olive Oil
12 oz Lye
24 oz cold water plus ice for ice bath
Mold



Directions:

Put coconut oil in pot and turn burner on low heat so the oil will melt. Then add olive oil. You want oils to come to 140 degrees.

While oils are heating add lye to cold water. The chemical reaction will be instant so make sure you are in a well ventilated area. The lye mixture will heat up extremely fast. You want to get the mix cooled to 110 degrees so an ice bath comes in handy to bring the temperature down. Once your lye is cool enough add it to the 140 degree oil and stir in with your stick blender.

I alternate between blending and stirring so I don't burn up the little motor. You should notice what is called the "trace" stage when you mix the lye in with the oil. To me it looks like mud clouding up water like when your walking in the river.

Anyway you want to see this trace stage, and keep blending and mixing. I would say another minute or two until you feel like you have a pudding consistency. Since I don't have real wooden molds I improvised and used a storage tub I had in the house. Use whatever you have that can hold your soap in place.

A friend of mine uses the clear plastic salad containers, get creative.

After the mixture cures for 12-18 hours it has set up and is very firm. I cut into bars and then placed on a rack to let cure for the next 4 weeks. The hardest part is waiting a month to use it.

I did go ahead a use one bar to make liquid body wash. Even easier and so awesome because I added 10 drops of Lavender Essential Oil.

Anyway if you haven't ever made soap it is so much fun and really easy to make. There are tons of different techniques and recipes out there. I am all about the fewest ingredients (hoping to have them on hand) and the simplest method.

Enjoy!

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