KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Winter Evergreen Bath Salts **MAKES** varies

CATEGORY Cosmetic **PREP TIME** 5 minutes **COOK TIME**

MY RATING

☆ ☆ ☆ ☆ ☆

- ☐ **VEGETARIAN**
- ☐ **VEGAN**
- ☐ **RAW FOOD**
- ☐ **SUGAR FREE** (uses natural sugars)
- ☐ **GLUTEN FREE**
- ☐ **DAIRY FREE**

INGREDIENTS

1 part	fine chopped evergreen needles
2 parts	epsom salt
1 part	coarse Himalayan sea salt
5-10 drops	essential oil, optional*

DIRECTIONS

1. Using a food processor, pulse needles to a fine chop similar in size to the salts
2. In a mixing bowl, stir together needles, epsom and Himalayan sea salts.
3. (Optional) Add in 5-10 drops essential oil if desired.

STORAGE

Store in an air tight container in a cool, dry and place.

MY NOTES