

Honey Oatmeal SOAP

BY KRIS SWAIN

Making soap can sound so intimidating, can't it? I promise you this is a super easy craft you can make with some ingredients in your kitchen. Did I mention that it's easy? Really, it is.

These Honey Oatmeal Soaps are a great home craft that anyone can do. This is also a great slumber party/spa idea. The teens can make pretty soaps that will be ready to take home in the morning!

You Will Need

- 2 TB. + 1 tsp. quick oats
- 1/2 lb. goat milk soap*
- 2 TB. honey
- Bowl
- Coffee/Spice grinder
- Colorant: red; yellow (optional)
- Measuring cup
- Plastic spoon
- Soap cutter*
- Soap mold*

To Make

Use a coffee or spice grinder to grind the quick oats into a fine powder. Cut soap base into small cubes and place in a measuring cup. Microwave in 30-second increments, stirring with a plastic spoon after each one. If your house is warm, it should take a little over a minute to fully melt. Overheating will cause the soap to bubble, so be sure to watch carefully. Remove from the microwave and stir in honey and oats. If you wish to add colorants, use 6 drops of yellow and 2 drops of red to make a pale yellow color.

Sprinkle a bit of whole oat flakes into the mold. Pour the soap mixture into the molds, nearly to the top. If you run out, just repeat the previous steps. Do not move the soap mold once you have poured the soap. If you need to, place the molds on a tray before beginning so you can move them later on. Allow the soap to set for at least 20 minutes. Then place in a cool spot to dry for several hours.

Remove your soap from the molds. I like to place the soap on a couple of sheets of paper to dry it out a bit. This is something I also do with regular bar soap — it makes the room smell nice and helps them last longer. Three to four days is a good amount of drying time.

Did You Know?

Goat's milk is a suspension soap, which means that when you add ingredients to it, they will float in the soap rather than sink to the bottom.

Kris Swain is a wife and mother of two. She blogs about cooking, family, and all things crafty at creativemeinspiredyou.com.



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