

Natural Baby Powder

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 1 cup arrowroot powder
- 1/2 cup kaolin clay*
- 1/4 cup ground calendula (or chamomile or a blend of the two) 1/4 cup ground oats
- Optional: 20 drops lavender essential oil

Instructions:

1. Grind dried flowers into powder. A high powered blender works well or a coffee grinder. If necessary, use a sieve to strain out larger pieces, leaving just the powder.
2. Mix together with other ingredients.
3. Store in a spice jar or other reusable container.
4. A mason jar with holes punched into the lid works well for at home, while a spice jar is great for taking with you in your diaper bag.

Notes:

You can simply use arrowroot powder on its own if you want an ultra cheap version of this recipe. The flowers add healing properties, the oats soothe the skin, while the kaolin clay draws out impurities. *You can easily find this clay on [amazon.ca](https://www.amazon.ca)