

Food Babe's Luxurious Body Scrub



| Prep Time: | Cook Time: | Total Time: | Serves: |
|------------|------------|-------------|---------|
| 10 mins | 0 mins | 10 mins | 3 |

<https://foodbabe.com/homemade-organic-luxurious-body-scrub>

Ingredients:

- 2 cups coconut pulp
- 2 tablespoons extra virgin olive oil
- 1 cup sea salt
- 1 tablespoon lemon zest

Instructions:

1. Combine all ingredients and mix.
2. Use 1 cup of mixture to scrub on body in shower or bath.
3. Wash off with fresh water and enjoy your soft exfoliated skin.
4. Divide remaining scrub and separate into 2 zip lock bags for future use.
5. Remaining scrub can be frozen up to 3 months or refrigerated for 5 days.

Notes:

- Enough for 3 applications. Defrost frozen pulp from nut milk the night before in the fridge before making this recipe Defrost frozen prepared scrub in fridge the night before use Use scrub before shaving to help lift hairs from follicles for a closer shave.
- Please buy all organic ingredients if possible