

Cinnamon Oats Soap Recipe

Making hand-milled soap is an easy, cost-effective way to make your own. Check out my Cinnamon Oats Hand-Milled Soap recipe to learn how.

Start to finish time: 20 minutes active work time. 1 hour cook time; more or less depending on the heat level of your slow cooker.

Safety: Hand-milling is hot once melted. Be careful when heating and pouring your soap, especially if children are helping.

What you'll need...

Equipment:

- Large glass bowl
- Small bowl to measure essential oils
- Kitchen scale
- Food grater
- Measuring cups
- Measuring spoons
- Rubber spatula
- Large stainless steel spoon
- Slow cooker
- Plastic wrap
- Immersion blender
- 2 pound mold
- Knife or pastry cutter

Ingredients:

- 2 pound soap base
- 1/2 cup water
- 1/4 cup ground oats
- 1/2 teaspoon ground cinnamon
- 0.60 ounces cinnamon leaf essential oil

For your hand-milled soap you'll need 2 pounds of natural soap that doesn't have additives like scents and coloring. Working with plain soap lets you add the color and scent of your choosing. You can use cold processed soap bars, cold process bases (milk or vegan), or pieces you have saved from your home.

- 1 Weigh 2 pounds of soap and grate into a large glass bowl.
- 2 Place soap into a slow cooker on its lowest setting and add the water. Stir and seal with plastic wrap, or a tight lid if you do not use plastic.
- 3 The soap will begin to melt and bubble, usually starting from the edges and working its way to the middle. When the whole batch is melted and bubbly, remove plastic wrap, weigh and add essential oils, and add ground oats and cinnamon. Blend with an immersion blender.
- 4 Scoop into prepared mold and allow to cool and harden for 24 to 48 hours. After removed from the mold, use a knife or pastry cutter to cut soap into bars and allow to harden for 7 to 14 days for a longer lasting bar.

Tips: Experiment with your slow cooker until you know its heat level. If your slow cooker is too hot where the sides of the soap look like they are drying out, turn the slow cooker to its warming setting. If you feel like it's taking forever to melt the soap, then turn it up one notch, but watch to make sure it's not too hot.

Use plastic wrap or a piece of butcher paper to pat the top of the cooling soap flat if desired, or use a fork or the back of a spoon to give a rough look to the top.