

Goat Milk Soap Recipe

SERVINGS: 8-10 bars

PREP TIME: 10 minutes

TOTAL TIME: 45 minutes

This recipe is for 4 ingredient col processed goats milk soap. This soap is creamy, frothy, and delightful to use on your skin year round!

Ingredients:

- 16 oz Olive Oil
- 16 oz Coconut Oil
- 4.8 oz Lye
- 10 oz Goats Milk
- 1 1/2 TBSP Fragrance Oil



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Directions:

1. Put your gloves and safety glasses on!
2. Measure 4.8 oz of Lye into a small glass dish
3. Next measure 10 oz of frozen goats milk
4. Using an ice bath, slowly combine goats milk and lye. Check temperature regularly to make sure mixture doesn't go over 70 degrees F.
5. In between mixing your lye and milk together, measure out your oils. Combine in a large stock pot.
6. Once your lye and milk are combined, strain through a small metal strainer.
7. When the oils and lye/milk mixture are within 10 degrees of one another, combine and using a stick blender on low, mix to thin trace.
8. Now add fragrance oil (and any other additives – colorant, poppy seeds, etc...) Lightly combine.
9. Pour mixture into loaf mold or individual molds.
10. Place in Refrigerator for 3-4 hours minimum – 12 hours ideal.
11. Unmold and cut accordingly. Enjoy!

Notes:

Lye is to never touch metal or plastic. It will dissolve both.

Be careful handling lye, it will burn skin immediately.

Clean up all supplies in hot water with dawn dish soap to strip excess oils from materials.