HEALTH-CRUSH

Food for the Body, Mind & Soul

LAUNDRY DETERGENT

Homemade laundry detergent to wash your laundry, protect your family, and save some money!

SERVINGS	SERVING SIZE	TIME TO MAKE
150 LOADS	1-2 TABLESPOONS	20 MINUTES

INGREDIENTS

- 1 Box Borax, Unscented (65 oz)
- 1 Box Washing Soda (55 oz)
- 16 oz Citric Acid*
- 6 bars of soap, shredded (you can decide if you want it scented or not)

DIRECTIONS

- 1. I do recommend putting goggles on and a mask, and making sure the kiddos and pets are away so any airborne ingredients do not get in their eyes/mouth.
- 2. In a large bowl, shred the soap. I found using my KitchenAid shredding attachment did a lot of the hard work for me and figured it was unscented soap, so cleaning it was an easy step.
- 3. Mix in the borax, washing soda, and citric acid with the shredded soap.
- 4. If you want to add fragrance*, you can add some drops of essential oil and stir it throughout the mixture. Let it dry for about 30-60 minutes.
- 5. Place in a large container, I like using a large glass jar with lid.
- 6. Enjoy!

TIPS

- * You can also add fragrance in other areas while doing laundry. See my tips for fabric softener
- *If washing in cold, mix detergent in warm water first and then put into laundry/dispenser to help dissolve the powdered detergent.
- **Citric acid can be slightly irritating for some people, so you can opt out of this and be a little more thorough during pretreatment of stains.
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