



## [Lavender and Oats Goat Milk Soap Recipe](#)

Recipe found on [AnnsEntitledLife.com](#)

### **Lavender and Oats Goat Milk Soap Ingredients:**

- 2 cups [Goat Milk Soap Base](#)
- ¼ cup [Shea Butter](#)
- ¼ cup [Coconut Oil](#)
- ¾ cup Rolled or Steel Cut Oats, divided (¼ cup + 1/8 cup)
- 15 drops [Lavender Essential Oil](#)
- ½ tsp [Red Raspberry Seed Oil](#)

### **Lavender and Oats Goat Milk Soap Mise en Place:**

- [Measuring Cups](#)
- [Measuring Spoons](#)
- 13"x9" Baking Pan
- Waxed Paper
- [Double Boiler](#) or Microwave
- Large Bowl
- Spoon
- [Measuring Cup](#)
- [Measuring Spoons](#)
- [Spatula](#)
- Cutting Board
- Knife
- [Cookie Cutter](#) or [Soap Mold](#)

### **Lavender and Oats Goat Milk Soap Directions:**

- Line a 13" x 9" baking pan with wax paper. Set aside.
- Remove your goats milk soap base from the package and cut into 1 inch cubes. Melt the goat milk soap base soap base in either a [double boiler](#) or microwave until melted. If using a

microwave, heat for 45 seconds, stir, repeat until completely melted. If using a double boiler, stir constantly until melted.

- Melt together the coconut oil and shea butter in either a [double boiler](#) or microwave until melted. If using a microwave, heat for 45 seconds, stir, repeat until completely melted. If using a double boiler, stir constantly until melted.
- Place this melted combo into a large bowl.
- Add to the combined coconut oil/shear butter combo the melted goat milk soap base and ¼ cup of rolled oats; combine.
- Mix in lavender essential oil and red raspberry seed oil; stir until smooth.
- Pour your mixture into your wax paper pan. Top with remaining oats before the soap dries, spreading the oats out evenly over the soap mixture.
- Let your soap cool and peel the soap from the wax paper.
- Place the soap on a cutting board, and using a sharp knife cut into bars or use cookie cutters for shapes.
- If you use a cookie cutter you may have to cut the shape out if your cookie cutter does not cleanly cut the soap.
- Note: if you would like to use molds for this, you can.

*Note: None of this is meant as medical advice. I am not a doctor, and do not play one on the internet. Please consult a physician if you have any questions about using essential oils or making your own soap so your doctor can better explain to you the benefits, possible side effects, and any warnings about essential oils and making your own soap.*