

Recipe No. 18/2014

Lemon-grass Scented Hand Cream

Mother's day is a very special day to take a minute or two to honour the incredible work, sacrifice and dedication of our mothers. Why not take 20 minutes out of your day, to make your Mum some special handcream.

Makes: approximately 5 x 100g jars

Ingredients

400g spring or bottled still water
15g glycerine
30g emulsifying wax
30g coconut oil
20g avocado oil
20g shea butter
4 – 5ml essential oil, we used lemon grass
Sterilised bottles

Method

1. Place water, glycerine, emulsifying wax, coconut oil, avocado oil, and shea butter into TM bowl. Mix **20 sec/speed 8**. Scrape down sides of the bowl and the lid.
2. With MC lid off, heat the mixture **4 min/60°C/speed 2**. Scrape down sides of the bowl.
3. Placing MC lid in position, blend **1 min/speed 6**. Scrape down sides of bowl.
4. Add essential oil of your choice and mix **10 sec/speed 5**.
5. Place immediately into jars. Cool completely and then seal the jar.

This recipe was adapted from a recipe in "A taste of vegetarian" – an Australian Thermomix recipe book



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