

METABOLIC CHANGE FEBRUARY 2021 NEWSLETTER



NATURAL LAUNDRY PRODUCTS

- 1. DIY Detergent:** For Brittany Bailey's *How I Spend Only \$1.25 on Laundry per Year!* YouTube video click [here](#).
- 2. Eco-Friendly Detergents:** For *Simply Living Green with Rebekah's* Top 3 Zero Waste Laundry Detergents click [here](#).
- 3. DIY Fabric Softener:** For *Fabulously Frugal's* fabric softener recipe click [here](#).
- 4. DIY & Eco-Friendly Stain Removers:** For *Green Child's* DIY super stain remover, click [here](#). For *The Kitchn's* 8 Natural Stain Removers That Work on Everything click [here](#).
- 5. DIY & Eco-Friendly Wool Dryer Balls:** For *Mommypotamus's* How to Make Wool Dryer Balls click [here](#). For *The Spruce's* The 8 Best Wool Dryer Balls of 2021 click [here](#).

HOMEMADE THIN MINTS

- 1 Sleeve All-Natural Round Crackers**
- 1 Bag Semi-Sweet Chocolate Chips**
- 1/2 tsp. Peppermint Extract**

Melt chocolate chips in a double boiler or in the microwave in 30 second increments. Stir peppermint extract into melted chocolate. Using a fork, dip crackers into the melted chocolate one by one, coating both sides. Place on parchment paper. Chill in refrigerator until set, then store in an airtight container.