



New South Wales Branch  
**Hunter & Coastal Region**  
**Oatmeal Soap**

Issued Oct 2005

**Note for Leaders:**

1. There are two methods of making the soap Stove top or micro wave, when making this with the Joey Scout I would pre-boil the mixture and allow it to cool a little prior to the mob meeting.
2. I would use chocolate moulds when making this with Joey Scouts
3. You may need to adjust the quantities for the size of your Mob.

**Microwave instructions:**

**Need:**

- 4-5 tbsp Finley ground oatmeal, uncooked
- 4-5 ounces or 142g
- 5-6 tbsp water

**To make:**

- Run the oatmeal through a food processor, if necessary, to grid it.
- The oatmeal should be measured after it is ground.
- Place the soap and water in a large microwave – safe dish.
- Microwave on high power for 2 to 3 minutes, until the soap dissolves: you may need to stir it once or twice. Be careful the hot soap does not foam the edge of the bowl.
- Stir in the oatmeal.
- Spoon the mixture into moulds

**Stove top Instructions:**

**Need:**

- 4 tbsp oats
- 1 Cup of boiling water
- Few drops of Rose essential oil
- 2 drops of red food colouring
- 24 tbsp pure ground soap- making powder (from selected health food stores)
- 2 tbsp honey
- 2 plastic bowls
- A fork
- Shell shaped chocolate moulds
- Olive oil



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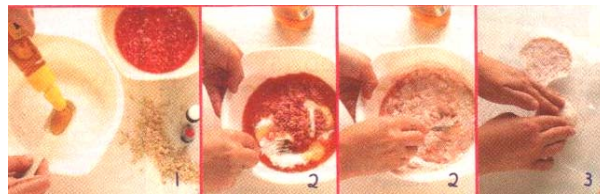


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**To Make:**

- Add the boiling water to the oats and let it stand for 15 minutes.
- Add the drops of food colouring and rose oil
- In a separate bowl, pour honey and soap powder.
- Tip the oat mixture into the bowl with the soap powder and mix it with a fork until all ingredients are combined.
- Lightly grease your shell mould with olive oil
- Roll a handful of the soap mixture and press it into your mould. Make sure you fill it up
- Repeat these steps until you've used up all the soap mixture.
- Let the soap dry in the moulds for at least two to three days.
- When dry, turn the mould upside down and push down slightly on it
- The soaps will fall out and they're ready to use or wrap as a gift!



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