### **HEALTH-CRUSH**

## Food for the Body, Mind & Soul

# **BOARD BALM**

Natural and easy wood sealer for your wooden kitchen utensils, tools, and cutting boards!

SERVINGS	SERVING SIZE	TIME TO MAKE
4.5 Oz Jar	1-2 TEASPOONS	10 MINUTES

## **INGREDIENTS**

- 1 Ounce Beeswax
- 3 Ounces Coconut Oil

# **DIRECTIONS**

- 1. In a double boiler, heat water on medium low
- 2. Add beeswax and coconut oil to top pot, stirring occasionally
- 3. Once everything is melted, remove from heat
- 4. Wait a few minutes and carefully pour into desired glass or tin containers
- 5. Allow to fully cool before securing lid
- 6. Seal on clean wooden kitchen utensils, cutting boards, etc. 1-2 times a month or as needed

### **TIPS**

- \* When applying, following my directions for cleaning your wooden tools, cutting boards, etc.
- \*Apply to clean and sanitized wood
- \*Use 1-2 times a month or as needed
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