

Pumpkin Body Scrub

This recipe was provided courtesy of Nic Abraham. For more wellness tips, visit [her website](#).

Ingredients

- 1 cup coconut oil
- ½ cup brown sugar
- ½ cup canned pumpkin
- 2 tsp cinnamon
- ½ tsp nutmeg
- 4 to 5 - 4 oz. airtight jars

Instructions

1. In a bowl, combine coconut oil, brown sugar, canned pumpkin, cinnamon and nutmeg and mix well.
2. Scoop the scrub into your jars.

*Body Scrub will last for about 2-3 months in an airtight container.

