



Another "548 Pure Soap™" Recipe, from
Pallas Athene Soap & Natural Skin Care
www.PallasAtheneSoap.com

Fruit & Veggie Wash, 17.0 Ounces

This recipe includes 548 Pure Soap™ which may be purchased in gift boxes of five 4.50-ounce regular size bars for \$8.00; hence the name, "5 bars '4' \$8." 548 Pure Soap™ is natural unadulterated soap; it does not contain preservatives or synthetic ingredients; it is certified Vegan and is 100% biodegradable. This recipe is the property of Pallas Athene Soap & Natural Skin Care and may be printed "as is," without alteration and without removing the Pallas Athene Soap logos. The recipe is for personal use only; the actual recipe and the product made from this recipe may not be sold for profit or otherwise.

Supplies Required

1 tablespoon grated 548 Pure Soap™, 1 tablespoon vinegar (organic apple cider vinegar is recommended), 16 ounces warm tap or distilled water, method of grating soap (such as a food processor, food chopper, cheese grater, or potato peeler), knife, measuring cup, measuring spoon (tablespoon), 24-ounce drinking glass or container, mixing spoon that will reach to the bottom of the drinking glass or container, small strainer, funnel, and a 24-ounce spray bottle.

Step 1: Grate 1 Tablespoon of Soap

To attain 1 tablespoon of grated soap, either use a cheese grater to grate the soap in the same manner used to grate cheese (cheese grater is the preferred method) -OR- use a potato peeler to peel shaved curls of soap from the edges of the bar -OR- use a knife to cut a 1-inch cube from the bar and place the cube into a food processor or electric food chopper. If using a food processor or electric food chopper, regularly pause the machine and check the motor temperature to avoid overheating the electric motor.

Step 2: Dissolve the Soap into 16 Ounces of Water and Add 1 Tablespoon of Vinegar

Use a measuring cup to measure 16 ounces of warm tap water or warm distilled water. Pour the 16 ounces of warm water into a drinking glass or container. Use a measuring spoon to measure one level tablespoon of grated soap. Add the tablespoon of soap to the 16 ounces of warm water. Stir with a spoon every 10 or 15 minutes until the soap is completely dissolved, which may take up to an hour. If soap solution is in a drinking glass, do not allow anyone to mistakenly drink the soapy water. When soap is dissolved, add 1 tablespoon of vinegar.

Step 3: Strain the Soapy Vinegar Water into a Spray Bottle

Open the spray bottle by removing the nozzle. Place a funnel into the bottle opening. Stir the container of soapy vinegar water. Use one hand to hold a strainer over the funnel and the other hand to slowly pour the soapy vinegar water so the soapy vinegar water runs through the strainer, through the funnel, and into the spray bottle. The strainer is needed to remove any undissolved pieces of soap and any foreign particles that may clog the sprayer. Replace the spray nozzle. Allow solution to completely cool before use on fruits and vegetables.

Directions for Use of Fruit & Veggie Spray

Place fruits and vegetables into a clean sink or colander. Mist fruits and vegetables with Fruit & Veggie Wash from spray bottle. Allow the Fruit & Veggie Wash to remain on the fruits and vegetables for a few minutes. If fruits and vegetables are excessively dirty, use a sponge or cloth to gently wash the fruits and vegetables. Re-spray with Fruit & Veggie Wash, if needed. Thoroughly rinse fruits and vegetables with clean cool water. This natural Fruit & Veggie Wash will effectively remove mineral-based pesticide and fertilizer dust, surface chemical residue, manure dust, organic excrements (such as rodent urine, insect feces, and snail excrement), insect eggs and larva, and garden soil. Solution will last at least three months when stored away from heat and light.