

# TALLOW BALM

**Time: 20 minutes** (plus cooling time)

### **Ingredients:**

500g beef tallow (preferably grass-fed)  
50g honey  
Essential oil (optional)

### **Preparation:**

Place a suitable pot on medium-low heat.

Add the tallow and honey.

Warm until just melted, stirring occasionally.

Remove from heat and let cool until the mixture turns fully opaque again. You can refrigerate or place it outside briefly to save time. Do not let it become solid.

Using a stick blender, whip the mixture by moving the blender up and down to work air into the tallow.

Add a few drops of essential oil for scent if desired. Whip to blend evenly.

Store unrefrigerated in glass jars.