

# Almond Joy

Nourishing bar

Recipe Oils

Oil	%	Grams
Almond Oil, sweet	20	100
Castor Oil	5	25
Lard, Pig Tallow (Manteca)	55	275
Palm Kernel Oil Flakes, hydrogenated	20	100
	100	500

Recipe Totals

Total Water Weight	141.3 grams
Total NaOH Weight	72.8 grams
Total Oil Weight	500 grams
Fragrance Oil Weight	15 grams
Total Batch Weight	729.1 grams
Superfat	1%
Lye Concentration	34%
Water : Lye Ratio	1.941 : 1
Saturated : Unsaturated	43 : 58

Soapee is a Saponification calculator, soap recipe and oils database

Summary

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Property	%	Recommended	Fatty Acids %	
Bubbly	18	14 - 46	Lauric	10
Cleansing	14	12 - 22	Linoleic	7
Condition	52	44 - 69	Myristic	4
Hardness	43	29 - 54	Oleic	41
Longevity	29	25 - 50	Palmitic	18
Stable	33	16 - 48	Ricinoleic	5
Iodine:	59	41 - 70	Stearic	10
Ins:	146	136 - 165		

Notes

CPOP, 2% Sodium Lactate per unit of oils.