

## DR. TONY'S MUSTARD BBQ SAUCE

5 Minute Prep Time

### INGREDIENTS

- ¾ Cup / Organic Yellow Mustard
- ½ Cup / Organic Raw Honey
- ¼ Cup / Organic Apple Cider Vinegar  
(with “mother”)
- 2 Tbsp / Organic Ketchup
- 1 Tbsp / Organic whole cane sugar,  
sundried
- 2 Tsp / Organic Worcestershire
- 1 Tsp / Habanero Sauce
- 1 Tbsp / Organic Molasses

### DIRECTIONS

Combine ingredients and store in fridge for 24 hours before using.

### FOOD NOTES

**Organic Mustard Seeds** are rich in minerals including copper, calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, manganese and selenium. They are an excellent source of Vitamins C and K, thiamin, riboflavin, B6 and folic acid and are high in dietary fiber, antioxidants and polyunsaturated fatty acids making them a great addition to condiments and cooking.

### SHOPPING LIST

Item 1: Organic Yellow Mustard, Ketchup, Habanero Sauce

Item 2: Organic Raw Honey, Molasses, Whole Cane Sugar

Item 3: Organic Raw Apple cider Vinegar, Worcestershire

### BENEFITS

This sauce is Southern BBQ style, combining an incredible taste with an array of nutrients, minerals and antioxidants. It supports digestive health, bolsters your immune system, protects your cells, reduces inflammation, helps manage blood pressure and provides protection from lifestyle diseases such as cancer, heart disease and other chronic conditions (lycopene).

### NUTRIENTS

Nutrients include Antioxidants, B Vitamins including Folates, Riboflavin, B6 and Niacin, Vitamins C and K, Manganese, Magnesium, Potassium, Calcium, Phosphorus, Copper, Iron, Probiotics and Lycopene. It is also an excellent source of phytonutrients and fiber.



**Raw Honey** contains a naturally occurring and healthy sugar, as well as a mix of amino acids, antioxidants, iron and vitamins and minerals including calcium, magnesium, manganese, niacin, pantothenic acid, phosphorus, riboflavin and zinc. In addition to its use as a natural sweetener, honey is used as an anti-inflammatory, antioxidant and antibacterial agent.

**Raw Apple Cider Vinegar** contains water, acetic acid, carbohydrates, potassium, probiotics and polyphenols. It also contains small amounts of micronutrients. The acetic acid kills harmful bacteria, the probiotics help bolster our microbiome, digestive health and immune system and polyphenols are an antioxidant that help reduce cellular damage from free radicals.

**Organic Ketchup** has a primary base of tomatoes, making it a good source of lycopene. Lycopene may help protect you from cancer, heart disease, and other chronic conditions. However, some ketchup varieties prove high in sugar and salt so choose brands wisely or make it from scratch.

**Organic Whole Cane Sugar** that has been sundried, herbily processed and still contains the molasses is chalk full of nutrients including 17 amino acids, 11 minerals and 6 vitamins including calcium, potassium, magnesium, iron, copper, zinc, Vitamin E, B-vitamins, selenium and chromium.

**Organic Worcestershire** is a fermented sauce with a punchy, Unami flavor. It starts with a base of vinegar and is flavored with molasses, sugar, onion, garlic, tamarind, and anchovies. Other flavorings, such as lemon may also be added. A 5-gram serving provides very small amounts of vitamin C, iron, zinc, copper, and potassium. Make sure you purchase one that uses sea salt.

**Organic Habanero Peppers** score high on the spice index and are known to help prevent cancer, control high blood pressure, manage insulin levels/diabetes and improve pancreatic activity. They contain capsaicin and capsaicin antioxidants as well as flavonoids and carotenoids, helping with heart health.

**Organic Molasses** is nutritious and healthy. Unlike refined sugar, it's naturally rich in antioxidants, iron, calcium, magnesium, potassium, phosphorus, and vitamin B6. As such, it helps relieve constipation, treats anemia, and supports bone and hair health.