



LISA'S HONEY MUSTARD

5 Minute Prep Time

INGREDIENTS

2-1/2 Tbsp / Organic Yellow Whole Mustard Seeds

2-1/2 Tbsp / Organic Brown Whole Mustard Seeds

1 to 2 Tbsp / Organic Raw Honey (not pasteurized)

3 Tbsp / Organic, Raw Apple Cider Vinegar (with "Mother")

4 oz / Filtered Drinking Water

DIRECTIONS

Place mustard seeds, vinegar and water together in an 8 oz sterilized canning jar and cover. Let mixture stand in the refrigerator for 24 hours. Add honey and blend until smooth (about 1 minute). Mixture should be thick with a course texture. Flavor is enhanced as the mustard ages.

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 edition to condiments and cooking.

SHOPPING LIST

Item 1: Organic Whole Yellow & Brown Mustard Seeds

Item 2: Organic Raw Honey

Item 3: Organic Raw Apple Cider Vinegar

BENEFITS

An exquisite combination of tastes and nutrients. Robust with minerals and beneficial antioxidants that bolster your immune system, protects your cells, reduce inflammation, improve digestion and contain antibacterial properties.

NUTRIENTS

Nutrients include Antioxidants, B Vitamins like Folates, B6, Niacin and Riboflavin, Vitamins C, and K, Manganese, Magnesium, Potassium, Calcium, Sodium, Selenium, Copper, Iron, Zinc, Phosphorus and pantothenic acid. 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.