

## Homemade Mustard

Makes 1-2 servings
0 protein
0 fat
10 calories

### Ingredients

- 2 tablespoons ground mustard powder (or coarse mustard seed if preferred)
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- ½ teaspoon ginger, ground
- ½ teaspoon horseradish, grated (optional)
- ½ cup apple cider vinegar
- ¼ cup filtered water
- 1 tablespoon lemon juice
- Stevia to taste

### Directions

1. Mix ingredients together thoroughly.
2. Heat in a saucepan for 2-3 minutes.
3. Pack warm mustard into a jar and top with lemon juice.
4. Mustard will last up to two weeks in the refrigerator.
5. Add water as needed for consistency.

