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MUSTARD

Makes 2 cups

1 ½ cup (4 oz) ground mustard)

2 tsp sea salt

½ cup raw apple cider vinegar (Braggs)

2 tbsp whey

3 tbsp turmeric

Mix all ingredients together until well blended, adding more water if necessary to obtain desired consistency.

Place in a pint-sized jar or two 8-oz jars.

The top of the mustard should be at least 1 inch from below the top of the jar.

Cover tightly and keep at room temperature until the right spiciness, at least 3 days. (It may need to aged 6-10 weeks to achieve the same “heat” or spiciness as yellow mustard from the grocery store.

After 3 days it was so hot it practically peeled the skin off the roof of my mouth, but it was wonderful after about a month and a half.)