

HOT MUSTARD SAUCE



INGREDIENTS

ITEM

Mustard
Apple Cider Vinegar
Garlic clove (*minced*)
Lemon juice (*fresh*)
Ideal Protein maple syrup
Cayenne pepper

QUANTITY

1/4 Cup
1 Tbsp.
1
2 Tbsp.
2 Tbsp.
1/2 Tbsp.



PREPARATION

- Prepare the dressing ingredients: Mustard, rice wine vinegar, minced garlic, fresh lemon juice, Ideal Protein maple syrup, and cayenne pepper.
- Mix all the ingredients in a small bowl.
- Whisk the mixture until it's smooth, then serve either at room temperature or chilled.