

Mild Mustard

Ingredients:

* ½ c     Lemon Juice
* ¼ c     Water
* ¼ c     Soy Flour
* 1 t       Sea Salt
* 1-2     Garlic Gloves (small)
* 1 t       Turmeric
* 1         Pinch of Paprika
* 1½ t   Maple Syrup

Directions:

Mix all ingredients until smooth.  Pour into a saucepan and cook on medium heat, stirring continually until mustard thickens.  Last about 30 days.