

Clean Spicy Mustard - [*Adapted from Miss Lady Bug's Dixie Mustard*](#)

Ingredients:

1/8 cup Ground Mustard
1/8 cup Mustard Seeds Whole (Brown)
1/8 cup Mustard Seeds Whole (Yellow)
3 oz cold water
3 oz apple cider vinegar
1/2 TBS coconut sugar (crystals)
1/4 tsp Granulated Garlic (or garlic powder)
1/4 tsp Kosher Salt
1/4 tsp Black Pepper
1/16 tsp Ground Ginger
1/16 tsp Turmeric
1/16 tsp Cinnamon

Directions:

1. Whisk together ground mustard, mustard seeds and COLD water in a bowl and set it aside for ten minutes (creates a chemical reaction).
2. Add vinegar (locks in fiery flavor), sugar, and spices. Whisk.
3. Let sit for 24-48 hrs, covered.
4. Blend in food processor (or blender to break up softened seeds).
5. Adjust thickness with mustard powder if desired.
6. Add to sterilized jar.
7. Refrigerate to preserve spiciness.