



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# HOT HONEY JALAPENO MUSTARD

**Time: 10 minutes**

**Serves: 20**

### **Ingredients:**

200g honey  
50g apple cider vinegar  
40g dry ground mustard seed  
3g salt  
3g jalapeno flakes

### **Preparation:**

Place all ingredients in a small pot on low heat. Whisk until well combined (approximately three minutes).

Remove from heat, let cool and refrigerate until using.

### **Nutritional Information Per Serving:**

Calories: 32  
Fat: 0.1g  
Carbs: 8g  
Fibre: 0.1g  
Protein: 0.1g