Healthier Homemade Honey Mustard

Practice your stove-top cooking skills while making a simple and yummy dressing for salads or dipping!

Serves 10

Ingredients

- 2 tablespoons cornstarch
- 1 cup water, divided
- ½ cup honey
- ¼ cup Dijon mustard

Directions

1. In a saucepan, dissolve cornstarch in ½ cup water.
2. Add honey, mustard and remaining water; bring to a boil over medium heat.
3. Boil for 1 minute or until thickened, stirring constantly.
4. Store in air tight container in refrigerator for up to 1 week.

Recipe originally from : Taste of Home,
made as a sauce for"Oven Chicken Fingers".

Nutrition Facts

Serving Size 2 Tablespoons
Servings Per Recipe 10

Amount Per Serving

Calories 60	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**6%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 0g	**0%**
Sugars 13g	
Protein 0g	

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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