

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

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.

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".

