



# Miracle Mustard

by *BHHEC Staff*

[www.bhhec.org](http://www.bhhec.org)

[Health@BHHEC.org](mailto:Health@BHHEC.org)

605-255-4101 • (800) 658 5433 • P.O. Box 19, Hermosa, South Dakota, 57744

1 clove garlic  
1/3 cup fresh lemon juice  
½ cup water  
1-2 Tbsp. olive oil  
½ tsp. salt  
1/3 cup flour

1. Put LAST four ingredients in blender to mix.
2. Put in sauce pan and cook until thick and color has changed.
3. Return to blender and add garlic.
4. While blending, slowly add the lemon juice.
5. Refrigerate. Will keep at least a week.

Any kind of flour can be used such as wheat, pastry, rice, oat, etc.