

Low Sodium Honey Mustard



Ingredients

1/2 cup honey
1/2 cup olive oil
3 tbsp white vinegar
1/2 tsp garlic powder
1/2 tsp onion powder
1 tbsp ground mustard
1/2 tsp ground white pepper

Directions

1. In a blender mix all ingredients until reaching a smooth consistency.
2. Enjoy!

Skill Level: EASY

Servings: 10
Serving Size 2 tbsp

Nutrition Facts / Per Serving:

Calories 150
Carbohydrates 14 g
Protein 0 g
Potassium 20 mg
Phosphorus 8 mg
Sodium 2 mg