

# Herbal Legacy Recipes

## Honey Mustard Sauce

From Original Fast Foods by James & Colleen Simmons

<http://www.christopherpublications.com/OriginalFastFood.html>

Yield: 1 1/2 cups

### **INGREDIENTS:**

- \* 2 T olive oil
- \* 3/4 cup water
- \* 1 1/2 t dry mustard
- \* 1/4 small red onion
- \* 1/4 cup honey
- \* 10 almonds soaked and drained
- \* 2 T apple cider vinegar

### **DIRECTIONS:**

Place all ingredients in blender and blend until smooth. This is an exceptional dressing over a potato salad, pasta salad, or over a rice and bean salad.

Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>

© Copyright 2008 Herbal Legacy