



EVERYTHING
Herbal
BY CHERYL JABZ



Homemade Mustard

INGREDIENTS:

- 1/2 cup mustard seeds (yellow for mild, brown/black for spicier)
- 1/2 cup apple cider vinegar (or white vinegar)
- 1/4 cup water (adjust for thickness)
- 1/2 tsp salt
- 1-2 tsp honey or maple syrup (optional, for a honey mustard style)



OPTIONAL ADD-INS: 1/2 tsp turmeric (color + earthy flavor) ~ 1/2 tsp garlic powder or 1 fresh minced garlic clove ~ 1/2 tsp onion powder ~ Pinch of paprika or cayenne (for heat) ~ Fresh herbs like dill or thyme.

INSTRUCTIONS:



Soak the seeds. Mix mustard seeds, vinegar, and water in a jar or bowl. Cover and let sit 24–48 hours (this softens the seeds and develops flavor).



Blend it: Pour mixture into a blender or food processor. Add salt and any optional ingredients. Blend until you reach your preferred texture:

Chunky: pulse lightly. **Smooth:** blend longer and add a little water if needed.



Taste & adjust: Add more vinegar for tang. Add honey for sweetness. Add salt or spices as needed.



REST THE MUSTARD: Put in a sealed jar and refrigerate. Let it sit 24 hours before using for best flavor.



STORAGE: Keeps in the fridge for 3–6 months. Flavor actually improves after the first few days.



VARIATIONS: Honey mustard: add 2–3 tbsp honey. Spicy brown mustard: use mostly brown seeds + pinch cayenne. Herbed mustard: stir in chopped dill or tarragon after blending.



← **SCAN ME**
*for more recipes, tips
& herbal goodness!*



www.EverythingHerbalbyCherylJabz.com



HERBAL KNOWLEDGE. NATURAL SOLUTIONS. HEALTHIER YOU.

