

simple dijon mustard sauce

ingredients

1/4 C Dijon or brown mustard

1/4 C olive oil

1/2 tsp. paprika

1/2 tsp. garlic powder

1/4 tsp. salt

directions

Whisk together until incorporated. Can easily be doubled. Store in fridge for up to three months. Serve over salad, roasted veggies or use as a marinade for grilled veggies or meats.



a gentler and *happier* approach to health