

# Hot Mustard

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*4 tablespoons dry mustard  
4 tablespoons fine sugar  
3 tablespoons flour  
1 tablespoon vinegar  
boiling water*

Add the ingredients to a large bowl.

Add the boiling water until reaching the desired consistency.

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Per Serving (excluding unknown items): 169 Calories; 5g Fat (28.7% calories from fat); 8g Protein; 22g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.