



This recipe was created and given to us by
Our friend Sarah Pendergast, Lewiston, Maine

Mustard pickles

Fill your pint jars with cucumbers and onions
(you can skip the onions but they are incredible!)

Add the following:

1/2 tsp HeatYourMeat™

2 tbsp sugar

1 tbsp salt

1 tbsp dry mustard

2 cloves of garlic or 1 tbsp minced garlic

Fill jars 3/4 way with apple cider vinegar

Fill the rest with bottled/filtered water

Put the lids on tight. Shake well. Leave on the counter
and shake every hour or so... then before bed put them
in the fridge. They are good to eat at the 24 hour mark.
The longer they sit the stronger the punch they give!

They can last for months in the fridge but once you
start eating them you know they won't last! They are
so good! Enjoy!!!!!!!