

SCD Blackberry Mustard

Ingredients

- 1 cup fresh blackberries
- ¼ cup Dijon mustard
- 1 ½ Tbsp honey
- 1 tsp rosemary
- Pinch of cayenne pepper
- 1 tsp balsamic vinegar
- 1 tsp coconut flour

Instructions

1. Combine blackberries, Dijon mustard, sugar, honey, rosemary, cayenne pepper, and vinegar in a small saucepan.
2. Cook over medium heat, stirring and mashing blackberries with the back of a spoon, until mixture comes to a boil.
3. Stir in coconut flour.
4. Let mixture simmer for about 30 seconds and remove from heat.