

Homemade Mayonnaise

16 SERVINGS 5 MINUTES



INGREDIENTS

1 Egg (large)
1 tbsp Lemon Juice
1 tsp Dijon Mustard
1/4 tsp Sea Salt
1 cup Avocado Oil

NUTRITION

AMOUNT PER SERVING

Calories	129	Iron	0mg
Fat	14g	Vitamin D	3IU
Carbs	0g	Folate	2µg
Fiber	0g	Magnesium	0mg
Protein	0g	Zinc	0mg
Vitamin C	0mg		

DIRECTIONS

- 01 In a blender or food processor, add the egg, lemon juice, mustard and sea salt. Turn the machine to low and let everything mix for 10 to 15 seconds. Very slowly, drizzle the avocado oil in a steady stream while letting the machine run on low.
- 02 Once all of the oil is used and everything is incorporated, turn off the machine and add the mayonnaise to an airtight container and store in the fridge. It will thicken slightly in the fridge. Enjoy!

NOTES

RECIPE ID 714

SERVING SIZE

One serving is equal to approximately one tablespoon.

DRIZZLING OIL

It is important to drizzle the oil extremely slow in a steady stream so that the ingredients emulsify. If you use a food processor, use a small bowl attachment so the blade comes into contact with the ingredients.