

MAYONNAISE

FROM NOURISHING TRADITIONS*

- 1 whole egg (free range)*
- 1 raw egg yolk*, room temp
- 1 tsp dijon mustard
- 1 1/2 Tbsp lemon juice
- 1 Tbsp whey (optional)
- Heavy pinch of Celtic Sea Salt*
- 1 cup Mary's Sauté Cooking Oil Blend*



Mix everything in a food processor **except** oil. With motor running, drizzle oil into mixture very **slowly** until all oil is emulsified.

OR, try “One Minute Mayo

1. In a tall and narrow glass jar, pour in the oil.
2. Add egg to the oil. Add mustard to the mixture.
3. Let all of the ingredients settle for 1 minute.
4. Submerge an immersion blender into the jar. Turn it on & leave it blending on the bottom for 20-30 seconds, until the whole bottom has turned white in color.
5. Very slowly lift blender up and down to continue emulsifying.
6. Stir in the salt and gently fold in the lemon juice. Store in an airtight container in the refrigerator for up to 10 days. The mayonnaise will continue to thicken in the refrigerator overnight!

***SOLD AT A HEALTHY HORIZON**