

# Home-made Mayo

## INGREDIENTS

1 Egg

2-3 Tsp fresh lemon juice

$\frac{1}{4}$  Tsp salt

1 Cup Olive oil (Light tasting)

Stick Blender

Tall, narrow glass jar.

Additional:

Dijon mustard

Dill

Chilli flakes

Garlic

Paprika

## METHOD

Add all the ingredients to your glass jar. Let them sit for a few seconds to allow the egg to settle at the bottom of the jar (underneath the oil).


Insert stick blender to the bottom of the jar and blend for 20 seconds. Keep blender at the bottom.

After 20 seconds, slowly move the blender up and down to ensure all the oil gets well incorporated. Do not over mix.

Store in air tight glass jar for up to 2 weeks.

NOTE: You can flavor your mayo with any additional herbs or spices.



FROM THE  OF: <http://thehealthyfoodie.com/fail-proof-home-made-paleo-mayo-whole30-compliant/>