

Egg-Free Homemade Mayonnaise

Ingredients:

- 3 tbsp. aquafaba
- 1 tbsp. fresh lemon juice
- ½ tsp dried mustard
- ½ tsp salt
- ¾ cup vegetable oil
(or any neutral tasting oil)

Instructions:

1. Combine the aquafaba, lemon juice, mustard, and salt in medium bowl. Whisk until well blended - this should take around 30 seconds.
2. Gradually add the oil in a very slow, thin stream, whisking constantly, until mayonnaise is thick. This should take around 8 minutes.
3. Cover the mayonnaise and chill in the fridge until ready to use. You should be able to store this eggless mayonnaise in an airtight container for up to 3 days.

Servings: 16 servings (1tbsp per serving)

Calories: 89kcal per serving

Healthy Avocado Mayo

Ingredients:

- 2 ripe, fresh avocados
- ¼ cup high quality plant-derived oil
(high quality olive oil suggested)
- 1 tsp of lemon juice, lime juice or apple
cider vinegar
- ½ tsp garlic powder
- 1 tsp salt
- 1 tbsp. Dijon mustard (optional)
- ½ tsp ground black pepper

Instructions:

1. Put all ingredient in a blender or food processor and blend at medium speed until mixed and emulsified.
2. Store in an air tight container for up to 2 days (though it tastes BEST when consumed immediately).