

Homemade Mayonnaise

Creamy

Keto



Ingredients:

- 1 egg plus 1 yolk, Pasteurized
- 1 tsp Dijon mustard
- 1 Tbsp white wine vinegar
- 1 cup Avocado Oil
- 1/2 tsp salt and a sprinkle of pepper

Use an immersion blender and a tall glass to blend eggs, oil, vinegar and mustard. Blend for about one minute. Slowly add oil and blend until all oil is used and the mayonnaise is thick and creamy. Transfer to a bowl and add salt & pepper. Stir and refrigerate in an airtight container.

16 servings

1 Tbsp:

0g Carbs

1g Protein

14g Fat

131 Calories