

# Homemade Mayonnaise

This homemade mayonnaise recipe is simple to make from scratch, rich, and irresistibly creamy. Made with just six wholesome ingredients, you'll be amazed that you created it yourself! The best part? This mayonnaise is free from vegetable seed oils like soybean, safflower, and sunflower oil—common culprits of inflammation and contributors to chronic illnesses.

## Ingredients:

- 1 large egg yolk
- ½ tsp. dry mustard
- 2 pinches sugar
- 2 tsp. freshly squeezed lemon juice
- 1 tbsp. white wine vinegar
- 1 cup extra virgin avocado oil\*

\*There aren't many brands of extra virgin avocado oil in stores. If you don't see the words "extra virgin", it's not recommended.

## Method:

1. You want the egg and oil to be at room temperature. In a glass bowl, whisk together egg yolk (no egg white) and dry ingredients. Combine lemon juice and vinegar in a separate bowl, then thoroughly whisk half into the yolk mixture.
2. Start whisking briskly and then start adding the oil a few drops at a time until the liquid seems to thicken and lighten a bit. Once you reach that point you can relax your arm a little and increase the oil flow to a constant stream. Once half of the oil is in, add the rest of the lemon juice mixture.
3. Continue whisking until all the oil is incorporated. Leave at room temperature for 1-2 hours, then refrigerate for up to 1 week.

**Serves:** 16 (1 tbsp per serving)

**Approximate nutritional analysis per serving:** 124.2 calories (0.2 grams of protein, 1 gram of carbohydrates, 13.9 grams of fat, 0.1 grams of fiber).

