

homemade mayo

MAKES 1 ½ cups

RECIPE FROM: [The Healthy Foodie](#)

PREP TIME: 5 minutes

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- 1 whole fresh large or extra-large egg
 - 1 cup extra light tasting olive oil or avocado oil
 - 2-3 tsp fresh lime or lemon juice or vinegar of your choice
 - ¼ tsp sea salt
 - 1 Tbsp Dijon mustard (optional)
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Optional Add-Ins:

- ¼ tsp freshly ground black pepper
- 1 garlic clove, peeled and coarsely chopped



ALLOW all ingredients to come to room temperature.

ADD all the ingredients to a tall, narrow, one pint wide mouth mason type jar and let sit for a few seconds, just long enough for the egg to settle comfortably at the bottom of the jar, underneath the oil.

INSERT an immersion blender and push it all the way down until it makes contact with the bottom of the jar.

PUSH the power button and do not move the blender for a full 20 seconds. The oil will start to emulsify and turn into this lusciously creamy and thick concoction, slowly making its way all the way to the top of the jar.

MOVE the blender around and up and down after that first 20 seconds to make sure every last bit of oil gets well incorporated.

STORE in the refrigerator in an airtight container for up to 2 weeks.