



## Homemade Mayonnaise

### INGREDIENTS:

- 1 cup avocado oil
- 1 egg (at room temperature)
- 1/2 tsp sea salt
- 1/2 tsp mustard powder
- 2 tsp apple cider vinegar or fresh lemon juice

### DIRECTIONS:

Make sure all of your ingredients are at room temperature. If they are not, they will not properly emulsify.

1. Place all ingredients in a small, wide-mouthed jar.
2. Place your immersion blender at the bottom of the jar.
3. Start to blend, leaving your immersion blender at the bottom of the jar.
4. When the mixture has emulsified about 3/4 of the way up the jar, very slowly pull your immersion blender up towards the top. This will grab the last little bit of oil on the surface.
5. Seal tightly and store in the fridge for up to a week.