

How To Make Mayonnaise

To make 1 cup of mayonnaise you will need:

- 1 whole egg
- 2 egg yolks
- 1 T fresh lemon juice
- 1 tsp Dijon mustard
- ½ t sea salt or Herbamare seasoning
- Dash of onion powder
- ½ cup coconut oil
- ½ cup olive oil

In a blender add eggs, lemon juice, mustard and seasonings. Blend ingredients thoroughly.

Add coconut and olive oil very slowly in a steady stream while blender is running. The mayonnaise should be thick and fluffy.

Store in a glass container, chill and serve.

Homemade mayonnaise can be customized to meet your tastes and needs.

