

Homemade Mayo

INGREDIENTS

- 1 farm fresh egg
- 1 1/4C Avocado Oil (a light oil works best like an olive oil but my favorite is avocado)
- 1/2 lemon
- 1/2 tsp Himalayan salt
- lemon zest

1. Add egg to blender.
2. Add 1/4C oil and combine for a few minutes.
3. With the blender speed on slow, SLOWLY add the remaining 1C oil and continue to blend on low/medium speed until contents thicken.
4. Once thickened, stop blender and add squeezed lemon juice from 1/2 lemon, sea salt, and lemon zest.
5. Blend a few more moments until well combined.
6. Scoop out and refrigerate.

*Note: Sometimes it works best to use room temperature eggs so mayo thickens. If mayo does not thicken, you may have added oil too quickly to mixture or not enough. You can always place mayo in fridge to help thicken. You can also use an immersion blender to make mayo as well.