

How to Make Mayonnaise

Prep time: 5 minutes

Servings: Makes 1 cup of mayonnaise

Ingredients:

1 egg
2 tablespoons apple cider vinegar
1 teaspoon mustard powder
1/2 teaspoon salt
1 cup avocado oil (divided)



Instructions:

Place the egg, apple cider vinegar, mustard powder, salt, and 1/4 cup of the avocado oil into the blender. Turn on using the lowest setting. While the blender is running, SLOWLY stream in the remaining 3/4 cup of avocado oil.

Place mayo in container and refrigerate. It will last in the fridge until the expiration date of the egg you used.

How to video at <http://www.paleocharmedlife.com/how-to-make-mayonnaise.html>