

Paleo Mayo

Ingredients:

- 1 whole egg
- 2 eggs yolks
- 2 teaspoons apple cider vinegar
- 1 heaped teaspoon Dijon mustard
- 1 cup (250 ml) extra light olive oil
(Regular extra virgin doesn't work well and makes the mayo bitter)
- 1/4 tsp salt
- 1/4 tsp garlic powder



Method:

- Put the whole egg and egg yolks into the blender, together with the vinegar and mustard.
- Blend on low-speed until combined.
- Very slowly drizzle the olive oil into the blender while on low-speed. The slower the better to allow for emulsification of the oil into the egg mixture.
- Add the garlic powder and salt to your mayo and pulse until mixed.
- Scrape your mayo out of the blender into a glass jar and keep refrigerated and use within a week.

