



Ingredients

- 2 free-range egg yolks at room temperature
- ¼ tsp (1 mL) dry mustard
- 1 tsp (5 mL) freshly squeezed lemon juice
- ¼ tsp (1 mL) salt
- ½ cup (125 mL) avocado oil*
- ½ cup (125 mL) flaxseed oil, or Omega Essential Balance Oil, or Udo's Choice Ultimate Oil Blend, or Omega Garlic-Chili Flax Seed Oil (for a spicy mayonnaise)

*If cooking with or heating mayonnaise, use 1 cup avocado oil and leave out flax or omega oil as they should not be heated.

Instructions

1. Combine egg, mustard, lemon juice, and salt and blend thoroughly in the food processor.
2. While the processor is still running, slowly add oils drop by drop. Mayonnaise will slowly thicken.
3. Adjust salt and lemon juice to taste.

Mayonnaise Variations: Many ingredients can be added to this basic mayonnaise recipe: fresh, finely chopped herbs; dill, parsley, tarragon, and basil work well. You can also add any or a combination of the following:

- 1 tsp (5 mL) curry powder
- 1 puréed avocado
- 1 tbsp (15 mL) puréed sun-dried tomatoes
- 1 tbsp (15 mL) finely chopped green onion

Makes 1 cup (250 mL).