



Lakeland Natural Health

Homemade Mayonnaise

*Use Organic Ingredients when possible

Ingredients:

1		Egg
1		Egg Yolk
2	tsp	Apple Cider Vinegar or Lemon Juice
½	tsp	Salt
2	tsp	Mustard powder
1	cup	Avocado Oil

Instructions:

- Place the egg and yolk, vinegar, salt, and mustard powder, in a blender. Turn the blender on and slowly pour the oil in through the lid. Blend until mixture thickens.
- Taste and adjust seasonings if necessary.
- Spoon into a storage container and store in the refrigerator for about 1 week.