

# Homemade Mayonnaise

5 ingredients · 5 minutes · 16 servings



## Directions

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1. In a blender or food processor, add the egg, lemon juice, mustard and sea salt. Turn the machine to low and let everything mix for 10 to 15 seconds. Very slowly, drizzle the avocado oil in a steady stream while letting the machine run on low.
2. Once all of the oil is used and everything is incorporated, turn off the machine and add the mayonnaise to an airtight container and store in the fridge. It will thicken slightly in the fridge. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to seven days.

### Drizzling Oil

It is important to drizzle the oil extremely slow in a steady stream so that the ingredients emulsify. If you use a food processor, use a small bowl attachment so the blade comes into contact with the ingredients.

### Type of Oil

This recipe works best with a neutral flavored oil, such as avocado oil. If using olive oil, ensure you're using extra-light tasting olive oil, not extra virgin olive oil.

### More Flavor

Add additional spices such as cayenne, garlic or fresh herbs.

### Too Thin

If you find your mayonnaise is too thin, add more oil one tablespoon at a time.

### Serving Size

One serving is equal to approximately one tablespoon.

## Ingredients

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- 1 Egg (large)
- 1 **tbsp** Lemon Juice
- 1 **tsp** Dijon Mustard
- 1/4 **tsp** Sea Salt
- 1 **cup** Avocado Oil