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MAYONNAISE

Makes 1 ½ cups

2 whole organic, free-range egg, at room temp

1 tsp mustard (yellow or Dijon or homemade)

1 ½ Tbsp raw apple cider vinegar

1 Tbsp whey (optional but highly recommended)

¾-1 cup organic, expeller pressed sunflower seed oil

(can use extra-virgin olive oil can be used but may have a stronger taste)

-generous pinch of celtic sea salt

-dash of onion powder

-dash of garlic powder

-dash of dill (optional)

-dash of horseradish (optional)

In blender or food processor, place egg, egg yolk, mustard, salt, vinegar, whey, onion and garlic powder.

Process/blend until well blended, about 30 seconds.

Add oil in a tiny, steady stream until mix begins to thicken. If you have used whey, let the mayonnaise sit covered at room temperature, for 7 hours before refrigerating.

With whey added, mayonnaise will keep several months. Without whey, mayonnaise will keep about 2 weeks.