

Homemade Mayo

Ingredients:

- 1 large egg (at room temperature)
- 1 tsp Dijon mustard
- 2 tsp Apple cider vinegar (or white vinegar or Lemon Juice)
- ¼ tsp Sea Salt
- 1 Cut Avocado oil (or extra virgin Olive Oil)

1. Instructions:

- Crack the egg into the bottom of a tall, wide mouth glass jar. (You can also use a tall glass, but make sure it's wide enough for an immersion blender to fit. Do not use a bowl.)
2. Add the Dijon mustard, vinegar, and salt on top of the egg, trying not to disturb the egg. Do not whisk or stir.
3. Pour the oil on top. Again, do not whisk or stir.
4. Carefully submerge an immersion blender into the bottom of the jar, so that it's right where the egg is. Blend on low power for about 20 seconds without moving, until you see most of the jar has turned white. Then, slowly start to move the blender upward, without lifting the blender out into the air. Once you reach the top of the oil, slowly move back down to the bottom. Go up and down like this a few times, until mayonnaise forms.
5. Store the homemade mayonnaise right in the jar, in the refrigerator.