

# The Best Homemade Mayonnaise

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1 Duck Egg at Room Temperature

1 TBSP lemon juice or apple cider vinegar

1 Tsp regular or Dijon mustard (or ½ tsp dried mustard)

Salt and pepper

1 cup olive oil (warm/not extra virgin) or other healthy oil (macadamia works)

Mayonnaise has always been one of my favorite condiments! But when buying mayo from the store, many questionable oils are used such as soybean or vegetable oil, preservatives and chemicals.

When I make homemade mayo on the other hand, it is packed with protein and good fats, and it tastes delicious! This Mayonnaise Recipe is simple to make and is a healthy addition to a tuna or chicken salad. Even though there are now some great store bought mayo options, I still prefer the homemade version when I have time to make it.



Please note: it is very important that all the ingredients are at room temperature for this recipe. If not, the ingredients will not blend well and will separate during storage.

Put egg into blender or mix with an immersion blender in large mouth glass jar

Add lemon juice or vinegar, mustard and spices and blend until mixed

SLOWLY add oil while blending. Start with a drop at a time until it starts to emulsify and then keep adding slowly until all oil is incorporated.

Store in fridge up to 1 week.