

No Fail Mayo Recipe

Ingredients

- 1 whole egg
- ½ tbsp lemon juice
- 1 tsp white wine vinegar
- ¼ tsp dijon mustard
- ¼ tsp sea salt
- 1 cup avocado oil, or light-flavored olive oil

Instructions

- Add all of the ingredients (with the oil last) into the jar that came with your [stick blender](#).
- Give the ingredients a minute to settle, with the oil separating on top. The oil must be separated from the egg before you blend.
- Place your stick blender in the jar and press it firmly to the bottom. Turn it on and keep it pressed against the bottom of the jar for at least 10-15 seconds. Once the mayonnaise starts to emulsify and thicken, slowly move the stick blender up and down to fully combine the ingredients. After 5 seconds, you'll have mayo at the bottom. At the 10-15 second mark, you'll notice the mayo creeping to the top. At about 20 seconds, you'll have mayo near the top of the ingredients with a very thin layer of oil right on top. Very slowly bring the immersion blend up the side of the jar while still blending. The thin layer of oil on the top will slowly drizzle down the side of the jar and blend with the mayo underneath. Keep bringing your immersion blender almost to the top, stopping just short so you don't splatter mayo everywhere.
- Taste your mayo and adjust your salt and/or lemon juice if desired.
- Place in a storage container in the refrigerator. It will stay fresh for up to one week.

Nutrition

Serving: 2tbsp, Calories: 166kcal, Fat: 18g, Saturated Fat: 2g, Cholesterol: 13mg, Sodium: 54mg, Potassium: 5mg, Vitamin A: 20IU, Vitamin C: 0.2mg, Calcium: 2mg, Iron: 0.1mg

<https://downshiftology.com/how-to-make-homemade-mayonnaise/>

<https://dontwastethecrumbs.com/failproof-diy-homemade-mayo-in-2-minutes/>