

WHOLE30 MAYO

This can be made in a blender or food processor, or even a bowl using a hand blender, but not something like a Nutri-Bullet as you have to add oil while blending.

The key to making a good mayo, is to make sure that all the ingredients are at room temperature including the eggs.

INGREDIENTS

- 300ml olive oil (light olive oil, avocado oil, high-oleic safflower oil or sunflower oil would also be good alternatives, just not extra virgin olive oil as the taste is too strong)
- 1 large egg
- ½ teaspoon Mustard powder
- ½ teaspoon salt
- Juice of a lemon*

*they recommend juice of half a lemon but I used the juice of a whole lemon

DIRECTIONS

1. Place 4 tablespoons of the olive oil, the eggs, mustard powder and salt in a blender / food processor or mixing bowl. Mix thoroughly.
2. While the blender / food processor or hand blender is running, slowly drizzle in the remaining olive oil.
3. After you've added the oil and the mixture has emulsified, add the lemon juice, blending on a low setting or stirring it in with a spoon to incorporate.

Melissa and Dallas Hartwig who wrote [Whole30](#) state that this should last in the fridge a week after the use-by date of your eggs, so make sure your eggs have a good shelf-life.