

Paleo Mayonnaise

Ingredients

- 1 large egg yolk
- 1 tablespoon lemon juice
- 1 tablespoon Water
- 1 teaspoon Dijon Mustard
- 1 cup (250ml) avocado oil
- salt

Method

1. Put the egg yolk, lemon juice, water and mustard into an immersion blender jar.
2. Add the oil.
3. Place the head of the immersion blender at the bottom of the jar. Blend raising the blender slowly so that the mixture emulsifies bottom to top.
4. Add salt to taste.