

VEGAN MAYONNAISE



QUICK

Less than 5 mins prep

HEALTHY

Many shop bought mayonnaise's contain sugar – this one doesn't

FAMILY

Makes about 500g

MEALS

Use for coleslaw, dipping, salads etc..

INGREDIENTS

- 300ml oil (olive oil or avocado oil work well)
- 100 ml aquafaba (chick pea water)
- 1 tbs white wine vinegar
- 1 tsp salt
- Juice ½ lemon
- 1 tsp Dijon mustard

METHOD

- 1) Put all ingredients into a measuring jug
- 2) Blitz with a hand blender till thickened – approx. 20 seconds
- 3) Taste – add more salt/vinegar to taste or the additional flavours that you like

Optional

- Minced garlic clove
- Crushed basil
- Truffle
- Wasabi / horseradish
- Whatever flavours you like in your mayonnaise



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com