Mayonnaise

Ingredients:

- 3 egg yolks
- 1 tsp dijon mustard
- 1/2 tsp lemon juice
- 1-1.5 c avocado oil (see below for oil types)
- Salt and pepper, to taste

Directions:

1. In a food processor, combine the egg yolks, dijon mustard, lemon juice, a splash of your oil, and a splash of water.
2. Blend on high for 15 seconds, then start slowly streaming in your oil. Stream it in slowly until the mayonnaise starts coming together. You can blend for as long as you want, constantly adding oil, but note that it will continue to thicken as you add oil. Don't over blend or it will break.
3. Taste the mayonnaise when you like the consistently, then add some salt and pepper to taste (you can omit the pepper if you don't want to see it in the finished mayonnaise).

Note: This will only keep in the fridge for about a week before it starts to break down, so making small batches as needed is your best bet.

Oils:

	Will it taste normal?	Is it healthy?
Canola	Yes	No (please stop using it)
Grapeseed	Yes	No
Olive	No	Yes
Avocado	Yes	Yes

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