



Coconut Mayonnaise

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 36

Nutrition Information Per Serving

55.4 calories, 0.04 g carbohydrate, 0 g fiber, 0.04 g NET carbs, 0.08 g protein, 6.36 g fat

Ingredients

- 1/2 tsp(s) sea salt (fine)
- 1 large organic egg yolk
- 16 Tbsp(s) organic raw extra virgin coconut oil
- 2 tsp(s) fresh organic lemon juice
- 1 Tbsp organic apple cider vinegar
- 1/2 tsp(s) organic ground mustard powder

Preparation

1. In a glass bowl, whisk together egg yolk and dry ingredients.
2. Combine lemon juice and vinegar in a separate bowl. Thoroughly whisk half of the the lemon mixture into the yolk mixture.
3. Start whisking briskly, then add the oil a few drops at a time until the liquid thickens and lightens. Then, increase the oil flow to a thin, constant stream.
4. Once half of the oil is in add the rest of the lemon juice mixture. Continue whisking until all of the oil is incorporated.
5. Leave at room temperature for 1 to 2 hours - then refrigerate for up to 1 week. Makes 9 ounces (36 servings of 7 grams).

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