

Gracefully Grazin' Homemade Mayonnaise

A silky, nourishing mayo made from wholesome ingredients; no seed oils, no preservatives, just pure goodness. Perfect for dressings, sandwiches, and dips that honor your health and your kitchen.

Ingredients

- 1 large egg (room temperature)
 - 1 cup avocado oil (or light olive oil)
 - 1 tsp dijon mustard
 - 1 tbsp lemon juice or apple cider vinegar
 - ¼ tsp sea salt
-

Instructions

1. **Combine:** In a tall jar or blender cup, add the egg, Dijon mustard, lemon juice, and salt.
 2. **Add oil:** Pour the avocado oil on top — **do not stir yet.**
 3. **Blend:** Place an immersion blender at the bottom of the jar.
 - Start blending on low, keeping the blender still for about 10–15 seconds until it thickens and emulsifies.
 - Slowly lift the blender upward to mix the rest of the oil in.
 4. **Taste + adjust:** Add a bit more salt or lemon juice to taste.
-

Tips

- **Storage:** Store in a sealed glass jar in the fridge for up to **7 days.**

- **No immersion blender?** You can use a food processor — just drizzle the oil in *slowly* while blending.
- **Customize:** Add garlic for aioli or herbs for a flavorful twist.