

MYX RECIPE

NAME: MYX MAYO

INFO:

A great alternative for Mayonnaise that is Sugar Free, Lectin Free & Grain Free

INGREDIENTS:

Yield: 1 cup

2 Organic Pasture Raised Egg Yolks

½ tsp Himalayan Pink Salt

½ tsp Dry Mustard

2 pinches of Monk Fruit (Finely Ground)

2 tbsp. Lemon or Lime Juice (you could also use white vinegar (or a combo of both))

¾ Cup Avocado Oil

DIRECTIONS:

In a small bowl add egg yolk, Himalayan pink salt, dry mustard, monk fruit (ground), and lemon juice, then put mixture in your food processor or mixer. Mix for 10 to 15 minutes.

Then turn the mixer to slow speed and slowly add Avocado oil again on slowest speed, mix until it emulsifies and or Mayo like.

For options on different flavored Mayo; we like to use one or two of these: capers - garlic confit - dried oregano - pepper, or add your favorite spices.