

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Low Carb Mayonnaise

### Ingredients

*1 free-range egg*

*1 tbs Dijon mustard*

*1 cup of light olive oil (if you use a strong flavoured oil it won't taste very nice)*

*1-2 tsp of white wine vinegar (or 2 tsp lemon juice.*

*Salt and pepper to taste*

### Method

1. Bring egg and mustard to room temperature.
2. Blend the egg and mustard with a stick blender or Thermomix and *slowly* add the oil. The mixture should thicken and set fairly quickly.
3. Add the white wine vinegar or lemon juice and mix.
4. Season to taste.
5. Refrigerate and mayonnaise should thicken further and the taste develop. Will keep refrigerated for 5 days. Enjoy!



**Preparation Time:** 5 minutes

**Cooking Time:** 5 minutes

**Source:** Diet Doctor

**Makes 1 Jar**

For more recipes and information on living the low carbohydrate lifestyle find us at:

[www.goodtoeat.com.au](http://www.goodtoeat.com.au)