



- 1 cup oil (I use 3/4 cup light oil such as avocado or grapeseed and 1/4 cup olive oil)
- 1 egg (farm fresh eggs are best)
- 1 egg yolk
- 2 Tbsp. lemon juice
- 1/2 tsp. Real salt
- 1 Tbsp. whey (optional if you want to culture it)

In a blender add the eggs, lemon juice and salt. Blend the ingredients for a couple of seconds and while still blending slowly drizzle the oil in and continue blending until thickened. If you want to have a cultured version of mayo add the whey, mix thoroughly and let it sit at room temperature for about 6 hours before putting in the fridge.

To Make It a Salad Dressing Spread:

Add:

- 5 tsp. apple cider vinegar
 - 4 tsp. sugar (I used xylitol)
 - 1/4 tsp. dry mustard
 - pinch of paprika
 - pinch of garlic powder
- Mix together thoroughly.