

# CREAMY MAYONNAISE

Makes 4 cups / Prep time: 10 minutes

*Homemade mayonnaise is a truly decadent condiment, and you can control the ingredients that go into the recipe. It's not difficult to make, especially with an immersion blender or food processor, but whisking up a batch by hand can be satisfying. It is fun to watch the ingredients emulsify before your eyes. Keep the mayonnaise in the refrigerator in an airtight container for up to 4 days.*

2 large eggs  
2 tablespoons Dijon mustard  
1½ cups extra-virgin olive oil  
¼ cup freshly squeezed lemon juice  
Sea salt  
Freshly ground black pepper

## TO MAKE BY HAND

1. Whisk the eggs and mustard together in a heavy, large bowl until very well combined, about 2 minutes.
2. Add the oil in a continuous thin stream, whisking constantly, until the mayonnaise is thick and completely emulsified.
3. Add the lemon juice and whisk until well blended.
4. Season with salt and pepper.

## TO MAKE IN A FOOD PROCESSOR

1. Place the eggs and mustard in the processor bowl and blend until very smooth.
2. While the processor is running, slowly add the oil in a thin stream until the mayonnaise is thick and completely emulsified.
3. Add the lemon juice and process until smooth.
4. Season with salt and pepper.

**PER SERVING (2 TABLESPOONS)** Calories: 61; Fat: 7g; Protein: 0g; Carbs: 0g; Fiber: 0g; Net Carbs: 0g; Fat 97%/Protein 2%/Carbs 1%



KETO QUOTIENT

DAIRY FREE  
GLUTEN FREE  
NUT FREE  
VEGETARIAN  
UNDER 30 MINUTES