



Homemade Vegan Mayonnaise

By Vegan Epicurean

Makes about 1 ½ cups

Ingredients:

½ cup of soy milk, plain and preferably unsweetened
1 cup plus 2 tablespoons of canola oil
¼ teaspoon of apple cider vinegar
¼ teaspoon of agave
¾ teaspoon of kosher salt
½ tablespoon of fresh lemon juice
zest from 1/8 of an organic lemon
1/8 teaspoon of dry mustard

Directions:

Put everything in the blender and process until it is thick. I make mine in my Vitamix and it takes about 15 seconds. If you have a lower speed blender you may need to process a little longer. The homemade vegan mayonnaise will become thick and completely emulsified exactly like a mayonnaise made with egg.

The Balanced Body Center

(704) 849-9393 www.knowbalance.com