

5-Minute Mayo

Ingredients

- 1 whole egg, room temperature
- $\frac{1}{8}$ teaspoon garlic powder (optional)
- $\frac{1}{8}$ teaspoon onion powder (optional)
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon lemon juice
- 1 cup olive oil

Directions

- 1) Combine all ingredients in wide-mouth quart canning jar.
- 2) Pulse with immersion blender until mayo starts to form on the bottom of jar.
- 3) Now with button down move the blender up and down in the jar. The mayo will be done in seconds.

Basic Homemade Salad Dressing

Combine in a pint jar:

- | | |
|---|--|
| $\frac{1}{4}$ cup vinegar (apple cider, balsamic, or rice) | 2 teaspoons dried herbs (basil, oregano, thyme, or dill) |
| 1 tablespoon mustard (optional) | 1 teaspoon salt |
| 1 teaspoon to 1 tablespoon sweetener (sugar, honey, or maple syrup) | $\frac{1}{2}$ teaspoon black pepper |

Whisk in using a fork:

- $\frac{1}{2}$ cup olive oil + 2 tablespoons flax oil (optional)