



Blue Yonder Urban Farms

<http://blueyonderurbanfarms.com>

Whole Food Avocado Mayonnaise

Recipe

Ingredients:

1 Egg yolk

1 small ripe Avocado

1 tsp Apple Cider Vinegar

1 tbsp. Lemon juice

1/4 tsp finely chopped Garlic

1/2 tsp prepared Mustard or 1/4 tsp dry

dash of Salt

Instructions:

Separate Egg yolk from whites. Save Egg whites for later.

Peel and mash Avocado till there are no lumps.

Mix Egg yolk with a fork, add Vinegar and Lemon juice and mix well.

Add mashed Avocado and mix together well.

Add Mustard, Chopped Garlic, and Salt, mix well.

Makes about 1/2 cup Mayonnaise... Refrigerate any leftover