

# Quick and Easy Paleo Mayo

I think of this as Susan's recipe, but she, of course, says it came from someone else (as do pretty much all recipes).

Susan has tweaked it, so I will continue to think of it as hers.

Advantages: very quick and easy (none of that pouring oil slowly). Tastes very similar to Hellman's.

Disadvantages: only makes a small amount at a time, but you can make several batches.

## Ingredients

- 1 cup light olive oil (*not* heavy extra virgin)
- 1 egg and 1 yoke (from our own chickens! ... go for pastured).
- 2 tsp of raw/organic Apple Cider Vinegar (we use Braggs),
- 2 tsp lemon juice,
- 1 pinch of stevia powder (<http://www.sweetleaf.com>),
- 3/4 tsp sea (Himalayan, Kosher?),
- 1/2 tsp DRY mustard powder.

## Method

You need an electric stick blender that comes with a deep cup (preferably). Something like this (rechargeable is good: you don't get tangled up with the cord!)

Put all the ingredients in the tall cup of your stick blender, put blender in to the bottom and run it till it starts to emulsify, then just slowly move the blender up and down until it's all emulsified.

Throw out your Hellman's, wash out the jar and put yours in the Hellman's jar.

The family will never tell the difference.

Repeat until Hellman's jar is full!

