

VEGAN SOY FREE COCONUT MILK MAYO



INGREDIENTS

- 1/2 C Coconut milk (lite)
- 1/2 C Coconut oil (extra virgin)
- 1/4 C Cashew (halves) **OR** for nut-free recipe use shelled sunflower or pumpkin seeds
- 1/2 t Sea salt
- 1/4 t Turmeric
- 2 T Extra virgin olive oil
- 3 1/2 T Vinegar (Apple cider)
- Garlic powder (to taste) (optional)
- Mustard (to taste) (optional)



DIRECTIONS

- 1 Place milk, coconut oil, cashews, salt & turmeric in your blender
- 2 Process for 1 - 2 minutes **OR** until smooth & creamy
- 3 While blender is still running, slowly drizzle in the olive oil & vinegar
- 4 Continue blending for another minute until the oil is emulsified
- 5 Taste the mayo & add additional seasoning if required
- 6 Pour into a bowl & refrigerate for 2 hours before using
- 7 You can store this mayo for 7 days in your refrigerator but let it sit on the counter for 5 minutes & then whisk the mayo before serving

VEGAN SOY-FREE RICE MILK MAYO



INGREDIENTS

- 1/3 C Rice milk (cold)
- 1 1/2 T Lemon juice
- 1/8 t White pepper
- 1 clove Garlic (minced)
- 1/4 t Xanthan gum
- 1/4 C + 2 T Extra Virgin Olive Oil
- 1/4 C + 2 T Canola oil
- 1/2 t Sea salt

DIRECTIONS

- 1 Combine the rice milk, lemon juice, garlic, xanthum gum & pepper in a blender **NOT** a processor
- 2 Mix on high speed until foamy & then add the oil, 1 drop at a time thru the hole in the lid of the blender
- 3 Mix on high until the mayo begins to emulsify
- 4 Add the salt & taste to see if you need more salt or lemon juice
- 5 Serve at room temperature
- 6 You can store this for a week in your refrigerator in a covered jar





