

# 3 VEGAN MAYO RECIPES

## TOFU MAYO

### INGREDIENTS

- 12 oz Tofu (Silken)
- 3 t Mustard (stoneground)
- 2 t Cider Vinegar
- 3 t Brown Rice Syrup **OR** other liquid sweetener
- Sea Salt
- 1 Lemon (juice)



### DIRECTIONS

- 1 Puree all ingredients in a food processor until smooth and creamy.
- 2 Store in air tight container in the refrigerator



## SOY MILK MAYO

### INGREDIENTS

- 1 C Canola **OR** Safflower **OR** Grapeseed oil (grapeseed oil makes the mayo light green)
- 1/2 C Soy milk
- 1 to 1 1/2 Lemon Juice **OR** Apple cider vinegar
- 1/4 t Mustard



### DIRECTIONS

- 1 Combine all ingredients except lemon juice or vinegar in blender & process until smooth
- 2 Slowly add lemon juice or vinegar until the mix thickens & tastes right
- 3 Add salt and mustard to taste.

## CHIPOLTE MAYO

### INGREDIENTS

- 1 C Mayonnaise (use one of the above recipes)
- 1, 2 or 3 Chipotle chiles in Adobo sauce (to your taste)
- 1/2 t Adobo sauce (that the chiles came in)
- 1/2 t Lime juice (optional)



### DIRECTIONS

- 1 Combine all ingredients in the blender & process until smooth
- 2 Start with 1 chipotle chile & add additional chiles to your taste

