

Vegan Oil-Based Mayo

Ingredients:

- 1/2 cup soy milk, room temperature
- 1 teaspoon salt
- 1/4 teaspoon mustard powder
- 2 teaspoons white vinegar
- 1 cup avocado oil (or use a neutral-flavored oil)

Instructions:

Using an Immersion Blender:

1. Place all the ingredients in a measuring cup.
2. Mix them and start blending on low speed until the oil emulsifies.
3. Increase the speed to high and continue blending until you achieve a thick, smooth mayonnaise.

Using a Regular Blender:

1. Place the soy milk, salt, mustard powder, and vinegar in the blender. Pulse to mix.
2. Remove the lid's removable part and slowly pour in the oil while the blender is running until the mayonnaise is emulsified.
3. Transfer the mayonnaise to a closed container and refrigerate. It will keep for up to 5 days. If the mayo separates, simply mix it before using.

Nutritional Information (Per Batch)

- **Calories:** ~1,830 kcal
- **Total Fat:** ~200 g
 - **Saturated Fat:** ~28 g
- **Cholesterol:** 0 mg
- **Sodium:** ~2,365 mg
- **Total Carbohydrates:** ~5 g
 - **Dietary Fiber:** ~0 g
 - **Sugars:** ~3 g
- **Protein:** ~8 g