

Vegan Mayo with Tofu

Ingredients:

- 7 oz. silken tofu
- 1/3 cup avocado oil (or use a neutral-flavored oil)
- 1 tablespoon cider vinegar
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon salt
- 1/4 teaspoon mustard powder

Instructions:

1. Place all the ingredients into a blender.
2. Blend until the mixture is creamy and smooth.
3. Transfer the mayo to a closed container and refrigerate. It will keep for up to 7 days.

Enjoy your homemade vegan mayo!

Nutritional Information (Per Batch)

- **Calories:** ~415 kcal
- **Total Fat:** ~39 g
 - **Saturated Fat:** ~5 g
- **Cholesterol:** 0 mg
- **Sodium:** ~1,975 mg
- **Total Carbohydrates:** ~8 g
 - **Dietary Fiber:** ~1 g
 - **Sugars:** ~2 g
- **Protein:** ~11 g