



Healthy Homemde Mayo

This one is Mediterranean diet approved, using Kasandrino's extra virgin olive oil for excellent flavor balance. I'll never make my mayo without it!

Ingredients

Directions

1. Add ingredients to a clean, wide-mouth mason jar.
2. Blend with a stick blender (AKA emulsion blender) until well combined. Move the blender up and down in the jar as you use it to thoroughly mix.
3. Fermentation (optional):
4. If using fermented brine, tighten your lid, and then loosen it 1/4 turn.
5. Leave your mayo on the counter for 8-12 hours to let the good bacteria in the brine go to work.
6. Storage
7. Cover with a lid and keep in the fridge.

Notes

