

Quick Blender Garlic Mayonnaise

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving, 1 tbsp): Total carbs: 0.2 g, Fiber: 0 g, **Net carbs: 0.2 g,**

Protein: 0.2 g, Fat: 12 g, Calories: 108 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes about 215 g/ 7.5 oz)

1 large egg yolk

1 tbsp apple cider vinegar (15 ml)

1 tsp Dijon mustard

1 small garlic clove, minced or 1/2 - 1 tsp garlic powder or 1-2 cloves roasted and finely chopped garlic

1/4 tsp sea salt

3/4 cup avocado, macadamia, walnut or light tasting olive oil (180 ml/ 6 fl oz)

1 tbsp lemon or lime juice (15 ml)

Optional: 1 - 2 tbsp whey or powder from 1 probiotic capsule

Instructions

Food Processor

1. Make sure all the ingredients have reached room temperature. We used extra virgin olive oil but you can use other options including avocado, macadamia, walnut or light tasting olive oil. Extra virgin olive oil has a strong flavour which you may like or dislike so keep that in mind.
2. Separate the egg white from the egg yolk. You can reserve the egg white for another recipe such as our low-carb bread.
3. Place the egg yolk, apple cider vinegar, dijon mustard, minced garlic and salt in the small bowl of a food processor. **If you use a large bowl you'll need to at least double the ingredients** or it won't thicken as there'll be too much space. To mince the garlic, use a garlic press or a grater.
4. Start the food processor and very slowly drizzle in the oil whilst the blade is running. Keep slowly pouring in the oil until the mayonnaise reaches your desired thickness. If the garlic mayonnaise isn't thick enough, add a bit more oil. *Note: Some food processors have a small container with a hole specifically designed for this purpose so you can pour all of the oil in the container as it*

will drizzle very slowly.

5. Once thick, add the lemon juice and blitz again for a few seconds to combine. Taste and readjust the seasoning to taste. *Note: If it's too thick you can add a few drops of water and stir through. If you like it sweet, feel free to add a few drops of stevia or up to 1 tsp of powdered erythritol.*
6. To make the garlic mayonnaise last a few months, add 1 - 2 tbsp of whey or 1/4 tsp of probiotic powder (empty out 1 large capsule). If adding either of these, ensure you let the mayonnaise rest in the open kitchen for 8 hours to activate the enzymes and keep your mayonnaise fresh. You can then put it in the fridge in a sealed glass jar for up to 3 months.
7. If you don't use the probiotic, store in a glass jar with a sealable lid in the fridge for up to 1 week. For more tips on how to make mayo using an immersion blender or a hand whisk, follow the instructions in this recipe.

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