



## healthy mayonnaise

This nutritional, dairy free mayonnaise is perfect to accompany healthy meals, or even use as a delicious healthy dip or dressing.

### Ingredients:

- 1 cup pre-soaked almonds \*\*
- 3/4 cup water
- 1 clove garlic
- a sprinkling of sea/rock salt to taste
- Pinch of fresh parsley or 1/2 teaspoon dried parsley
- 1 teaspoon dried basil
- 1 lemon, juiced
- 1 date
- a small piece of hot pepper or dash of Cayenne
- 1-2 cup olive oil

### Here's how:

- Blend all ingredients except oil until smooth.
- Last, add oil until required consistency achieved and lightly blend.
- Refrigerate for a few hours to allow the mayo to set up and become solid.
- Also great as a dressing, feel free to add fresh or dried dill.

\*\* I prefer to blend the almonds first in a little water, then sieve through a nut mylk bag, muslin or sieve to remove the skin.

