

Oil-Free Mayo with Plant Derived Minerals

Oil-Free Mayo (Whole Food Plant-Based)

Ingredients:

- 1 cup cooked white beans (cannellini or navy), rinsed and drained
- 2-3 tbsp unsweetened plain yogurt (plant-based or dairy)
- 1 tbsp apple cider vinegar or lemon juice
- 1 tsp Dijon mustard
- 1 clove garlic (optional)
- Pinch of sea salt
- 1 tsp Plant Derived Minerals
- Water as needed (1 tbsp at a time) to adjust consistency

Instructions

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1. Blend all ingredients in a blender or food processor until creamy and smooth.
2. Only add water if needed-and just a little at a time to reach the desired texture.
3. Store in the fridge for up to 5 days.

Perfect for sandwiches, salads, dressings, or as a dip. Creamy, oil-free, gluten-free-and now with a nourishing mineral boost!