

DIET CENTER MAYONNAISE

use $1\frac{1}{2}$ Tsp.
on salad

1 egg

pinch of salt

$\frac{1}{8}$ tsp. dry mustard

$\frac{1}{8}$ tsp. white pepper (optional)

dash of paprika

2 tbsp. apple cider vinegar or lemon juice

$\frac{1}{2}$ $\frac{3}{4}$ cup plus corn or safflower oil

garlic & onion powder

Place all ingredients except oil in blender. Blend at high speed for 5 seconds. Add the oil in a small stream. If the mayonnaise becomes too thick to blend as you are adding the last of the oil, put in a few extra drops of vinegar or lemon juice. Store in tightly covered glass container up to 1 week in the refrigerator.

Yield: 1 cup. 1 tbsp. = daily oil allowance