

Homemade Mayonnaise – Survival Style

Measure and set aside:

2 Cups Olive Oil (Or other oil that you prefer)

In a bowl, combine:

2 Tbsp. plus 2 tsp Apple Cider Vinegar (I use Braggs; lemon juice also works but gives a distinct flavor)

1/2 tsp THRIVE Iodized salt

1 tsp THRIVE Cane sugar

1 tsp dry mustard

Mix these together until the sugar is dissolved.

In a separate Bowl, mix until smooth:

2 Tbsp THRIVE Scrambled egg mix with 1 1/2 TBSP water mixed in so it is the consistency of egg yolk

Add the egg mix to the Cider mix and mix well with a spoon or fork until mixed through.

Now, slowly add the 2 Cups olive oil, drizzling it in as you mix with the blender, egg beater or wire whisk. I place a rubber matt under the jar or bowl to hold it in place so I don't need a third hand. Blend or mix until emulsified and is the consistency of mayonnaise. Serve immediately or refrigerate for a bit to chill. Always remember that this is a fresh food and all leftovers need to be refrigerated.