

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Mayonnaise



- 1 egg Yolk
- 1/2 teas salt
- 1/2 teas dry mustard
- 2 pinches sugar, for balance, not sweetness
- 2 teas fresh lemon juice
- 1 tbs white wine vinegar
- 1 cup Virgin Coconut Oil

1. In a glass bowl, whisk together egg yolk and dry ingredients. Combine lemon juice and vinegar in a separate bowl. Then thoroughly whisk half into the yolk mixture.
2. Start whisking briskly. Then start adding the Virgin Coconut Oil a few drops at a time until the liquid seems to thicken and lighten a bit (which means you've got an emulsion on your hands).
3. Once you reach that point you can relax your arm a little (but just a little) and increase the Virgin Coconut Oil flow to a constant (albeit thin) stream. Once half of the Virgin Coconut Oil is in, add the rest of the lemon juice mixture.
4. Continue whisking until all of the Virgin Coconut Oil is incorporated. Leave at room temperature for 1-2 hours then refrigerate for up to 1 week.

Recipe taken from Virgin Coconut Oil by Brian and Marianita Shilhaby.