



Grow Cook Learn Shropshire Hills Discovery Centre School Road Craven Arms Shropshire SY7 9RS

## **VEGAN MAYONNAISE**

## Ingredients:

- 120 ml soy milk unsweetened
- 160 ml **neutral vegetable oil** sunflower, canola, or other (+ 3 tbsp if you want an extra thick mayo)
- 55 ml olive oil
- 30 ml lemon juice
- 15 grams mustard
- 4 grams salt

## Method:

Add all ingredients to the jug, which can accommodate the stem liquidiser. Blend for 30 seconds moving the blender up and down.

Check seasoning.

For a thinner mayo add about 3 tbs more milk and for a thicker 3 tbs oil.

Garlic, paprika or perhaps lemon zest could also be added.