



# Low-Calorie Mayonnaise

Total: 5 min · Prep: 5 min · 3 servings · Easy · Sauces & Dressings

Vegetarian

Gluten-Free

Dairy-Free

## INGREDIENTS

3 pc Eggs

80 ml Water

50 ml Avocado or olive oil

1 tbsp Vinegar, preferably wine or apple

to taste Salt and pepper

1 tsp Mustard for color and flavor

## INSTRUCTIONS

- 1 Hard-boil the eggs. Peel off the shells.
- 2 Blend all ingredients together until a smooth creamy consistency.

**Nutrition per serving:** 235 kcal · Protein **7.0 g** · Fat **23.0 g** · Carbs **0.7 g** · Fiber **0.1 g**