

Creamy Vegan Mayo

VEGAN APPROVED

Ingredients

- 1 bulb roasted garlic (optional, but highly recommended)
- 340 g firm tofu
- 2 tbsp lemon or lime juice
- ½ tbsp yellow mustard
- 1 tbsp sugar
- 2 tsp salt
- ¼ cup water
- ½ cup avocado oil (or any neutral-flavored oil)

Directions

- In a blender, add roasted garlic, tofu, lemon or lime juice, yellow mustard, sugar, salt, and water.
- Pulse until the mixture becomes smooth and creamy.
- Turn the blender to high speed and slowly stream in the oil until fully emulsified.
- Taste and adjust seasoning as needed.

Samantha's Notes

- Avoid coconut oil — it will solidify in the fridge and ruin the texture.
- Store in an airtight container in the refrigerator for up to 1 week.
- Use it in everything you'd use regular mayo for — sandwiches, burgers, creamy salad dressings, potato salads, pasta salads, or even as a dip.



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SAVORY AESTHETICS

