

Wholesome Recipes

from the **Amazing Wheat Book**

by LeArta Moulton



Mayonnaise

- 3 eggs
- 5 T apple cider vinegar or lemon juice
- 1 1/2 tsp salt
- 1 1/2 tsp dry mustard
- 3 C olive oil

Pour into blender the eggs, vinegar, salt and mustard and 1 C oil. Mix ingredients on low speed. Uncover and pour in slowly the rest of the oil. Makes about 1 quart.

***Note:** Homemade mayonnaise can be a breeding ground for Salmonella, store bought or homemade mayonnaise made with fresh uncooked eggs carry a risk when not refrigerated.*

Soy Mayonnaise

- 1 C plain soy milk powder
- 1 tsp salt
- 1/2 tsp onion powder
- juice of 1 lemon
- 1 C water
- 1/2 tsp paprika (optional)
- 1 C oil

Blend soy milk powder, water and seasonings. Remove cup from top of blender, gradually add the oil until the mixture thickens. Remove from blender and stir in the lemon juice. Mayonnaise is better if let set an hour or two before serving. Yield about 3 cups.

Mayonnaise, Yolk Free

- 1/4 C liquid egg substitute
- 2 T fresh lemon juice
- 1/2 tsp salt
- pepper to taste
- 1/2 tsp dry mustard
- 3/4 C oil

Mix together in blender the egg substitute, lemon juice, salt and pepper, dry mustard and gradually add oil while blender is on.