

Bob's *Vegan Mayonnaise*

Ingredients

¼ cup aquafaba
1 tablespoon maple syrup
2 teaspoons fresh lemon juice
¾ teaspoon salt
¼ teaspoon Dijon mustard
1 cup grape seed oil (or other vegetable oil of your choice, olive oil is too strong)

Procedure

Please note: The vegetable oil that is used should not be hydrogenated for your own health. Just check the label before purchasing.

What is aquafaba? Simply put it is the liquid from a can of garbanzo beans or chickpeas.

It is best to use an immersion blender for this procedure. You may use a food processor, but it doesn't work as quickly or as well. Now if you really want to get your arms tired, you can use a hand whisk.

Mix all the ingredients except the oil into a small bowl with a few pulses of the blender. Using the blender on high, begin adding the oil in a small stream and mix as you go. Slow the adding if you need to let the mixer catch up with the oil. It will begin to thicken as you finish adding the all the oil and continue to blend. When complete, you may refrigerate the mayonnaise in a small airtight jar. It will continue to thicken in the refrigerator and should be fine to keep for a few weeks as you use it.

Keep the extra aquafaba liquid in a jar if you like to make another batch of mayonnaise when you are ready.

What to do with the chickpeas? Make some hummus. It will use up the chickpeas and some of the aquafaba and is oh sooooo good.

Bob Snyder
April 7, 2023
1682 S 700 W Woods Cross, Utah 84087
970-332-0663
sirbobert@snydersmart.com