



Makes 1½ cups

Preparation Time: 5 minutes

INGREDIENTS:

1 12-oz. pkg. extra-firm silken
tofu, drained

3 tablespoons red wine vinegar
or white wine vinegar

1 teaspoon dry mustard

½ teaspoon onion powder

½ teaspoon garlic powder

½ teaspoon sea salt, or to taste

Vegan Mayo

Traditional mayonnaise is full of egg yolks, thus full of saturated fat and cholesterol. This creamy homemade vegan mayo is perfect for sandwiches or potato salad. To make it even lower in fat, use light silken tofu instead of regular.

By Del Sroufe

- 1 In a food processor combine all ingredients. Cover and process until smooth and creamy. Transfer to an airtight container. Chill up to 5 days.