

Egg-free Mayonnaise



Serves	1 cup
Prep time	5 minutes
Cook time	5 minutes
Total time	10 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Condiment
Misc	Child Friendly , Pre-preparable , Serve Cold

Ingredients

- 1/2 cup light evaporated milk
- 1/2 cup sunflower oil
- 2 teaspoons rice malt syrup
- 1 - 2 tablespoon lemon juice substitute (Refer to basics page)
- Salt

Directions

1. Pour the evaporated milk into a food processor and start to whiz. Add the oil 2 tablespoons at a time.
2. Once all the oil has been added, add the remaining ingredients. Adjust the amount of lemon juice substitute to taste.
3. Process at high speed for a couple of minutes until thick.
4. Store in the fridge. It will last for at least a week.



Note

Low chemical / failsafe

Lemon juice substitute [recipe](#).

If salicylates aren't a problem use lemon juice and honey instead of the lemon juice substitute and rice malt syrup.