



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

AVOCADO LIME MAYO

Time: 5 minutes

Serves: 10

Ingredients:

Flesh of one ripe avocado
1 egg yolk
1 clove garlic -finely chopped or grated
40ml fresh lime juice
3g kosher salt
100ml avocado oil

Preparation:

Place all ingredients except oil into a food processor or tall, narrow container if using a stock blender.

Blend until evenly mixed.

Continue blending and slowly drizzle in the oil to emulsify.

Serve immediately or refrigerate for up to one week.

Nutritional Information Per Serving:

Calories: 117
Fat: 12g
Carbs: 2g
Fibre: 2g
Protein: 0.5g