

Mayonnaise Replacement Mixture

This recipe makes a little more than 1 cup



Ingredients

8 oz cream cheese, softened
1½ tsp lemon juice
1 tsp vinegar
¼ tsp mustard
½ tsp salt
¼ cup milk

This recipe was contributed by John In Bibs

Directions:

1. In a mixing bowl add the Cream Cheese, Lemon Juice, Vinegar, Mustard, Salt, Milk and mix with an electric mixer, or stand mixer until creamy.

This is a great alternative for recipes that typically require mayonnaise, as mayo does not freeze dry well—but this mixture does! You can also prepare it in large batches specifically for freeze-drying.

Store in a jar as you would any purchased mayonnaise.

Nutritional Value Per 1 tbsp

Calories: 50 Protein: 1 g Fat: 5 g Carbohydrates: 1 g Sugar: 1 g Fiber: 0 g