

Tofu mayonnaise - Egg free



Makes 400 grams

Ingredients

300 grams silken tofu
2 tablespoons white vinegar
1 teaspoon mustard
¼ cup oil
pinch salt

Method

1. In a food processor blend tofu, vinegar and mustard until smooth.
2. Add oil and salt and continue to blend until combined.
3. Place in a clean sealable container. Use immediately or store in the refrigerator until ready to serve.







Serving suggestions

- Use as a dip with raw vegetables such as carrot and cucumber sticks.
- Use in place of mayonnaise for a salad dressing.
- Use as a spread for sandwiches.

Tips

- Store in a refrigerator in a clean sealed container.
- Use within 2-3 days.

Equipment

-  Bowl
-  Food processor
-  Kitchen scales
-  Measuring cups
-  Measuring spoons
-  Wooden spoon

Preparation and cooking skills

Blend, measure.

Nutrition

- Traditional mayonnaise is made using egg yolks. This egg-free recipe is a great alternative for people who have an egg allergy, but it is tasty enough to be enjoyed by all.
- Tofu has a neutral flavour and is a good source of plant-based protein. It can be used to replace meat, chicken or fish and add variety to your meals.