

## **Carnivore Mayonnaise**

I know, I know, it sounds counterintuitive, but if you are following a carnivore or egg-fast diet, this mayonnaise is both tasty AND easy to make. The problem with most commercial mayonnaise is that it's full of unhelpful oils and also stabilizers, etc. This one is just as delicious and spreadable AND supports your Egg Fast (if that's what you're doing right now).

I pinched this recipe from Reed, the Carnivorous Chef, who also has a great video of breakfast recipes for the Carnivore Diet: <https://www.youtube.com/@CarnivorousChef>. I did tweak it a bit and significantly reduced the quantity because I live on my own and won't get through a PINT or more of mayonnaise in a year!

### **Ingredients:**

115g (4 oz) cream cheese – Philadelphia original cheese is pretty clean  
115g (4 oz) sour cream OR full-fat (whole milk) Greek Yogurt – no salt or sugar  
50g (two tablespoons) unsalted butter, melted  
A squirt of lemon juice OR a splash of white wine vinegar  
Powdered garlic, salt and pepper to taste

Tools: Immersion blender, or blender, or NutriBullet using the smaller cup

### **Method:**

1. Place all ingredients in the blender and process for one minute.
2. Scrape down the bowl, process again.
3. Scrape down the bowl, process for a third time.
4. Taste, adjust the seasonings, process again if necessary.

There you go: the perfect mayonnaise! Store in a glass jar in the fridge.