




Avocado AIP Mayonnaise

 1 cup

 5 minutes

DIRECTIONS

1. In your blender/food processor add the avocado, olive oil, apple cider vinegar, coconut milk, garlic powder, and salt.
2. Blend on high until smooth. As you blend the dip will become thick and creamy. Remove the mayonnaise from the cup and serve immediately or store in an airtight container in the refrigerator for up to a week.
3. Over time this can thicken. If you prefer to thin the dressing simply add more coconut milk until it reaches your desired consistency.

NOTES

Extra virgin is the best to use in this recipe. If you prefer a sauce with a milder flavor you can use avocado oil.

INGREDIENTS

- 1 Avocado medium
- $\frac{1}{4}$ Cup Extra Virgin Olive oil
- $\frac{1}{4}$ Cup Apple cider vinegar
- $\frac{1}{4}$ Cup Coconut milk
- 1 Tablespoon Honey
- 1 Teaspoon Garlic powder
- $\frac{1}{2}$ teaspoon Sea salt

