

## **TAHINI MAYONNAISE**

2 egg yolks  
1 tbsp unhulled tahini  
2 tsp honey  
2 tsp Dijon mustard  
½ tsp sea salt  
2 tbsp lemon juice  
1 ½ tbsp white wine vinegar or apple cider vinegar  
250ml macadamia oil or extra virgin olive oil

NB macadamia oil has a milder flavor than olive oil. Or choose 'light' olive oil, which means light in flavour.

- Add all ingredients except oil to a food processor & blitz.
- Whilst processing, slowly add oil until mixture forms a creamy consistency.
- If too thick add a small amount of warm water and combine well.
- Store in a clean jar in the fridge. Keeps for 7 days.

## **Healthy Bits**

Olive/Macadamia oil:  
Rich in Omega 3s and antioxidants.  
Excellent for heart health and reducing inflammation.

Tahini:  
High in calcium.