

Paleo Mayonnaise Recipe with an Immersion Blender

Making your own paleo mayonnaise recipe with an immersion blender is one of the easiest, most delicious ways to spruce up a meal. I love this recipe for its simplicity and I know that you will love it, too.

Paleo mayonnaise vs regular mayonnaise

Whether you follow this paleo mayonnaise recipe with an immersion blender or choose to use store bought, chances are it will taste amazing. In my home, however, we choose to make our own condiments for a few reasons.

Aside from the nutritional content varying in paleo and store bought mayonnaise, this recipe helps me control exactly what I am serving my family. When you choose to make food yourself, I find that it is easier to remove any preservatives that can be harmful.

I also love to make my own condiments because the flavor is richer when you use your own ingredients, meaning that you will need less of it.

What is mayonnaise?

Mayonnaise is a condiment used for centuries to help enhance the flavors of food. It is well loved- and for good reason. To me, it is delicious.

While it has a reputation for making meals unhealthy, that hasn't always been the case. Historically, mayonnaise contained probiotic cultures that aided in digestion. Since the GAPS diet always wants to encourage delicious meals that support your gut microbiome, this paleo mayonnaise recipe is the perfect addition to your next burger.

What is paleo?

Paleo is a diet that has been around for the past few decades that encourages people to eat in ways that are similar to their ancestors. Known as the caveman diet, paleo is a way to eat meals that will encourage your body to work at optimal levels.

How to make mayonnaise with an immersion blender?

For this paleo mayonnaise recipe, I prefer to make it in the jar that I will store it in which is a wide mouth mason jar that is quart sized.

This is to keep things simple and minimize dishes (something we all need!).

Simply pour all of the ingredients into the jar and start with a few pulses on the immersion blender for the initial blend. Then, I like to hold down the button and move the blender up and down slowly to help emulsify the ingredients.

What makes this recipe failproof is that you only need to blend until the ingredients resemble store bought mayonnaise.

Thing to note when making a paleo mayonnaise

Despite the fact that this recipe is super simple, there are a few things that I have found help add that wow factor to this recipe.

1. Room temperature yolks work the best for this recipe
2. Make sure you use eggs from a source that you trust
3. Baja gold mineral salt is my favorite
4. If you are on the GAPS diet, make sure the mustard that you are using is GAPS compliant
5. For the healthiest mayonnaise, make sure you only use apple cider vinegar with 'the mother'.
6. Get creative! Add in other spices to make up different flavors of mayonnaise. From chipotle seasoning to red pepper flakes, I love to try different flavors in this recipe for my family.

Ingredients

- 3 raw egg yolks
- ½ tsp salt
- 1 tbsp Apple Cider Vinegar
- 2 tsp raw honey
- ½ c olive oil
- ½ c coconut oil

- 1 tsp Mustard powder or already prepared mustard
- Optional: probiotic liquid (I add a 1/3 cup of homemade pickle juice or 1/3 cup of whey)

Instructions

1. Add all ingredients into a wide mouth quart mason jar
2. Submerge your immersion blender all the way into the mason jar. The blade should be close to the bottom.
3. Pulse the immersion blender a few times then turn the immersion blender on while slowly lifting it up and down. This may take a few minutes for the ingredients to emulsify
4. Optional: Add a liquid probiotic to the mayo and blend. This will turn it into a cultured ingredient and is something I highly recommend.

How long does a paleo mayonnaise last?

When you make this mayonnaise, it won't last as long as the traditional, store bought mayonnaise. This is due to the lack of chemicals and preservatives added to the homemade version.

I try to use up all of my homemade mayonnaise within a week of making it. I do this by planning my meals that would be served with it. Typically that includes food like:

- Burgers with homemade [sourdough hamburger buns](#)
- Breakfast sandwiches with my favorite