

Mayonnaise (Serves 4)

Ingredients

3 teaspoons vinegar

120ml MCT Oil

1 egg white

¼ teaspoon sugar

½ teaspoon dry mustard

½ teaspoon salt

Pinch cayenne pepper

Method

1. Mix all the dry ingredients together in a bowl.
2. Add the egg white and beat well.
3. Continue beating and add 2 tablespoons of oil gradually and then 2 teaspoons of vinegar, followed by the remaining oil and then the remaining vinegar.
4. Store in a covered jar in the refrigerator.
5. Serve with salads.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics

National Centre for Inherited Metabolic Disorders