



Dr. Laleh's Light Tarragon Mayo

Ingredients

Amount

Organic Lite Firm Mori NU Tofu	1 Container
Fresh Squeezed Myer Lemon Juice	4 TBS
Braggs Organic Nutritional Yeast	1 TBS
NOW Organic Soy Lecithin Granules	1 TBS
Worcester Sauce	1 TBS
Orange Flavored Fish Oil OR Cod Liver Oil	4 tsp
Dried Rosemary Leaves	1 tsp
Black Pepper	1 tsp
Dried Tarragon Leaves	2 tsp

Preparation:

- Place All ingredients in a Magic Bullet Blender.
- Blend until completely smooth with a creamy texture.
- Store in the refrigerator for up to 10-12 days.
- Enjoy with tuna, chicken or turkey salads as mayo.

Nutrition Facts

Servings 12.0

Amount Per Serving

calories 37

% Daily Value *

Total Fat 2 g **4 %**

Saturated Fat 0 g **2 %**

Monounsaturated Fat 0g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 10mg **3 %**

Sodium 31 mg **1 %**

Potassium 21 mg **1 %**

Total

Carbohydrate 2 g **1 %**

Dietary

Fiber 0 g **1 %**

Sugars 0 g

Protein 2 g **4 %**

Vitamin A **0 %**

Vitamin C **8 %**

Calcium **1 %**

Iron **2 %**
