



Dr. Laleh's Light Avocado Mayo

Ingredients

Amount

Avocado Oil Mayo	2 Tablespoon,
Organic Lite Firm Mori NU Tofu	½ Container
Fresh Squeezed Myer Lemon Juice	2 TBS
Worcester Sauce	1 TBS
Granulated Garlic	2 tsp
White Fennel seeds	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 6.0

Amount Per Serving

calories 51

% Daily Value *

Total Fat 4 g **6 %**

Saturated Fat 1 g **3 %**

Monounsaturated Fat 3g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 5 mg **2 %**

Sodium 75 mg **3 %**

Potassium 23 mg **1 %**

Total

Carbohydrate 2 g **1 %**

Dietary Fiber 0 g **1 %**

Sugars 1 g

Protein 2 g **4 %**

Vitamin A **4 %**

Vitamin C **8 %**

Calcium **0 %**

Iron **2 %**
