

## ***Tofu Mayonnaise***

### ***Ingredients:***

- *Juice of one lime*
- *1/4-1/2 medium size onion*
- *1-2 cloves garlic*
- *pepper to taste*
- *1tsp sea salt*
- *1tsp mustard or 1/2 tsp mustard powder*
- *1 tsp demerara sugar or honey*
- *100 grams tofu (1/2 packet silken tofu)*
- *4 tbsp of olive oil or other cold pressed organic oil (optional)*



### ***Method:***

1. *Mix all the ingredients except tofu and oil in the blender.*
2. *When blended add tofu and oil and blend again. Taste.*
3. *Add a bit more lemon or salt if needed and stir.*
4. *If it is too thick add 1 - 3 tsp of water.*
5. *Store in the refrigerator for no more than a week.*

## ***Flax Oil Dressing***

### ***Ingredients:***

- 5 tablespoons flax seed oil (cold extracted)*
  - 1 small clove garlic (crushed)*
  - ½ teaspoon mustard*
  - 3 tablespoons apple cider vinegar*
  - ½ teaspoon honey*
- \*Combine all ingredients and store in refrigerator*

