

Nutritious Vegan Mayonnaise

This creamy, homemade vegan mayonnaise is not only delicious but also packed with nutrients from wholesome ingredients.

Perfect for sandwiches, salads, or as a dip!


15 min

Total time

easy

Difficulty

150

kcal / serving

Ingredients

- 1/4 cup raw cashews (soaked for 2 hours)
- 1 tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 cup water (adjust for consistency)
- 1 teaspoon nutritional yeast (optional for cheesy flavor)

Steps

- 1 Drain and rinse the soaked cashews.
- 2 In a blender, combine the soaked cashews, apple cider vinegar, Dijon mustard, garlic powder, salt, and nutritional yeast.
- 3 Gradually add water while blending until you achieve a smooth, creamy consistency.
- 4 Taste and adjust seasoning as necessary, adding more salt or vinegar to taste.
- 5 Transfer the mayo to a container and refrigerate for at least 30 minutes to thicken.