Marvelous Mayo

Source: Dustin Harder @theveganroadie

About the Recipe

58 Calories · 2 g Protein · 1 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes 12 Servings

- 3/4 cup (110 g) raw unsalted sunflower seeds, soaked in water for 3 hours, drained and rinsed
- 1/4 cup (43 g) low-sodium canned or cooked great northern beans
- 3/4 cup (177 mL) water
- 1 tablespoon (15 mL) Dijon mustard
- Juice of 1/2 lemon
- 1/2 teaspoon sea salt

Directions

1. Add the sunflower seeds, beans, water, Dijon, lemon juice, and salt to a blender. Start on low and increase the speed, scraping the sides down as needed. Blend until smooth and creamy.

Nutrition Facts

Per serving:
Calories: 58
Fat: 5 g
Saturated Fat: 0 g
% Calories From Fat: 66%

Cholesterol: 0 mg
Protein: 2 g
Carbohydrate: 3 g
Sugar: 0 g
Fiber: 1 g
Sodium: 129 mg
Calcium: 12 mg
Iron: 1 mg
Vitamin C: 1 mg
Beta-Carotene: 9 mcg
Vitamin E: 3 mg