

# 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