

## Seed Mayo

### Ingredients:

- $\frac{3}{4}$  cup raw sunflower seeds
- $\frac{1}{4}$  cup sesame seeds
- $\frac{1}{4}$  cup lemon juice
- 1 tsp. onion powder
- $\frac{1}{2}$  tsp. garlic powder
- 1 tsp. Celtic Sea Salt or Pink Himalayan Salt or to taste
- $\frac{1}{2}$  cup water (add more or less to obtain preferred texture)

### Instructions:

1. Add all ingredients to a blender and process until smooth and creamy.
2. Enjoy however traditional mayo is used or as a salad dressing.

**Tips:** Use pumpkin seeds instead of sunflower or sesame if you don't mind a darker color. If there is no allergy to tree nuts, cashews, macadamia, or pine nuts can be used as a substitute for the seeds. Just soak them first for a minimum of 8 hours.