Low Fat Mayonnaise

Description

Low fat mayonnaise is not difficult to prepare and will save on calories and fat intake and still deliver good flavor.

Ingredients

- 1 cup non-fat milk
- 2 tbsps cornstarch
- 1/2 tsp salt
- 1 tsp dry mustard
- 2 tbsps white wine vinegar
- 1/4 cup olive oil

Instructions

In a small saucepan, heat the non-fat milk and cornstarch slowly over low heat until thick. Add 1/2 and 1 tsp of dry mustard, stir thoroughly and let cool.

Add 2 tablespoons of white wine vinegar and olive oil and whisk until smooth.

Makes about 2 cups. Can store in the refrigerator in a sealed container up to 2 weeks.



Summary

Yield: 2
Prep Time: 10 minutes
Category: Spreads
Cuisine: American