

## Mayonnaise (diabetic)

Egg                                    2 T. vinegar or lemon juice  
2 cups salad oil (Wesson or Mazola)  
salt, onion juice or garlic as desired

Beat the egg until it forms a thick emulsion. Add oil a few drops at a time, beating constantly, until the mixture thickens. Then add  $\frac{1}{2}$  T. vinegar or lemon juice and beat well. Continue adding the oil and vinegar or lemon juice, alternating until all has been added. Add seasonings. Place in a cool place in a covered container. 10 Gm. or 2 tsp. of mayonnaise may be used in place of 2 fat exchanges.