

LISA'S HEALTHY MAYO

10 Minute Prep Time

INGREDIENTS

1 / Egg Yolk (cage free, antibiotic & hormone free)

1 Cup / Organic Cold Pressed Virgin Olive Oil

1 Tbsp / Organic Lemon Juice

½ Tsp / Sea Salt (adjust to taste)

Optional / Add your favorite flavor such as Sriracha or Habanero

DIRECTIONS

Place Whisk lemon juice and egg yolk together. Add olive oil slowly as you continue to whisk until well incorporated. Season with salt to taste.

FOOD NOTES

Organic Free Range Egg Yolks are rich in Vitamins A, D, E, K, B1 Thiamin), B2 (Riboflavin), B5 (Pantothenic Acid), B6, B9 (Folic Acid) and B12. Egg yolks are also high in choline, with important and diverse functions in cellular maintenance and growth across all life stages. Choline plays a role in neurotransmission, brain development and bone integrity.

Organic Cold Pressed Olive Oil is rich in antioxidants with anticancer properties. It predominately contains the fatty acid, oleic acid, a healthy monosaturated fat that fights inflammation and oxidative stress. It also has high levels of Omega 3's and 6's. Studies suggest olive oil helps fight inflammation, improves heart health, reduces risks of Diabetes Type 2 and Alzheimer's Disease, protects against cancer and has antibacterial properties.

SHOPPING LIST

Item 1: Organic Egg Yolk

Item 2: Organic Cold Pressed Olive Oil

Item 3: Organic Lemon

Item 4: Sea Salt

BENEFITS

A simple, homemade and healthy recipe without unwanted additives. Contains antioxidants for cellular health, oleic acid to help fight inflammation and oxidative stress and choline, known for cellular maintenance and its role in neurotransmission, brain development and bone integrity. Further, olive oil provides support for heart health, your digestive tract, diabetes and cancer prevention.

NUTRIENTS

Nutrients include Antioxidants, B Vitamins including Folate, B6, B12, Pantothenic Acid, Riboflavin and Thiamin, Vitamins A, C, D, E and K, Choline, Oleic Acid, Omega 3, Omega 6 and over 84 trace minerals.



Organic Lemon Juice is a good source of Vitamin C, helping to reduce risk of heart disease and stroke while bolstering your immune system naturally. The plant compounds hesperidin and diosmin found in lemons help balance cholesterol. Overall, lemons assist with weight control, heart health and digestive health, while pushing the body alkaline.

Sea Salt contains 84 trace minerals that nourish and strengthen your body. It is also important in keeping your body hydrated and reducing fluid retention that causes bloating. Further, it balances electrolytes, prevents muscle cramps, is good for skin health, nourishes the adrenal glands, regulates blood pressure and reduces inflammation and improves digestive health.