



Marvi-whip Mayonnaise

Blend until very smooth and creamy:

2 C	Soft tofu
2 T	Nutritional yeast flakes
1 tsp	Salt
1/4 C	Lemon juice
1 tsp	Onion powder
1/2 tsp	Garlic powder OR 1 clove fresh
1/3 C	Olive oil OR raw cashews and 1/4 C water

- To make a creamy Italian dressing, just add 1/2 tsp EACH of dill weed, basil, and Italian seasoning.
- For a tangy dip or salad dressing, add 1 tsp dill weed.
- Chill and serve.

Serving Suggestions:

- This delightful, light mayonnaise is delicious on salads or as a dip for raw veggies. You can also use it as a great topping for steamed asparagus, artichokes, cabbage, or broccoli.
- We love it over Mexican beans, on haystacks, or as a taste-tempting topping over baked potatoes with a sprinkle of dill and chopped scallions.
- Try it also as a sandwich spread, or as a filling in pita bread. It is even good as a topping for many savory casseroles such as those made from rice, lentils, or garbanzo beans.
- Makes 3 cups