



~1.5 cups



10 minutes



nettle mayonnaise

ingredients:

- 3 egg yolks from pastured chickens
- 3 teaspoons lemon juice
- 1 teaspoon mustard
- 1/2 teaspoon salt
- 1 garlic clove
- 1 cup stinging nettle leaves
- 1 cup avocado oil {or olive}

instructions:

1. Combine the eggs, lemon juice, mustard, salt, garlic, and nettles in a food processor or blender.
2. Blend until well incorporated. You may need to use the tamper or stop the food processor and scrape down the sides.
3. Turn the blender or food processor on and slowly drizzle the oil into the blender until it's emulsified and smooth.
4. Enjoy!
5. I love to use this mayo on BLT or turkey sandwiches.

The cuisine of healing

- Nettles are known as "nature's multivitamin". They...
 - are highly nutritious and especially high in iron.
 - boost the immune system.
 - are wonderful gentle detoxifier.
 - reduce seasonal allergy symptoms.
 - are anti-inflammatory.
 - prevent headaches and migraines.
 - cleanse and rebuild your blood.
 - strengthen hair, teeth and bones
 - aid in reversing adrenal fatigue.
 - stabilize hormones in the body.