

# RECIPE OF THE WEEK: PALEO EDITION

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## Veggie Dip

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### Ingredients:

1 c Omega 3 Mayonnaise  
1 tsp dried dill  
½ tsp garlic powder  
Pepper to taste

### Instructions:

Mix all ingredients together. It is better if refrigerated for one hour before serving, but it is not necessary. Makes a great dip for raw veggies or to use as a salad dressing. **Makes 1 cup.**

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## Omega 3 Mayonnaise

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### Ingredients:

1 whole egg  
1 T lemon juice  
¼ tsp dry mustard  
½ c olive oil  
½ c flaxseed oil

### Instructions:

Put egg, lemon juice, and mustard in blender, and blend for three to five seconds. Continue blending, and slowly add oils. Blend until the mayonnaise is thick. Scrape mayonnaise into a snaplock plastic container and refrigerate. The mayonnaise should keep for five to seven days. **Makes 1 cup.**

Compliments of *The Paleo Diet Book*

