

RECIPE OF THE WEEK: PALEO EDITION

Veggie Dip

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.**

Omega 3 Mayonnaise

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*

