

BASIC MAYONNAISE

1 Egg (or white)
1 Tsp. mustard (or 1/4 tsp. dry)
1/2 Tsp salt
1 T. white wine vinegar or lemon juice
1 Cup soy oil

Place first four ingredients and 1/4 of oil in blender. Blend until thickening begins — slowly adding remaining oil. Season as desired.

TOFU DIP

1/2 Lb. Tofu, drained & mashed
1/2 Cup to 1 Cup mayonnaise
1 Pkg. Hidden Valley dressing seasoning or
Taco or Dry Onion soup mix

Stir well or blend in blender. Refrigerate for 2 hours to blend flavors.
Serve with chips, crackers or raw vegetables.

TOFU... It's "Soy" Good!
Low in calories, fat and sodium.