



Homemade Avocado Oil Mayo Made with 100% Avocado Oil

I didn't particularly want to start making my own mayonnaise, but I felt like I was left with no choice. A 2026 UC Davis study found that many processed foods marketed as being made with avocado oil—including mayonnaise—contained other oils even when avocado oil was the only oil listed on the ingredient label. I want to know what I'm putting in my mouth and my body, so here we are.

I certainly didn't invent homemade avocado oil mayo. Mayo has a pretty small ingredient sandbox: oil, egg, acid, mustard, and salt. By playing with the proportions of the ingredients found in my favorite commercial avocado mayo, this version is where I landed. The combination gives me the creamy, tangy flavor I like, with ingredients I chose myself and actually know are in the jar.

Watch the full demo on my YouTube channel.

Choose organic ingredients whenever possible.

Ingredients

- 1 large room-temperature pasteurized egg *
- 1 large room-temperature pasteurized egg yolk *
- 1 cup avocado oil
- 1 tablespoon distilled white vinegar
- 1 teaspoon fresh lemon juice
- 1 ½ teaspoons Dijon mustard
- ½ teaspoon sea salt
- 2 teaspoons filtered water

Instructions

Add the whole egg, egg yolk, distilled white vinegar, lemon juice, Dijon mustard, salt, and filtered water to a tall, narrow jar or immersion-blender cup. Pour the avocado oil over the top and allow everything to settle for a few seconds.

Place the immersion blender all the way at the bottom of the jar so it is positioned directly over the egg and yolk. Begin blending without moving the blender. Once you see the mixture at the bottom turn thick, pale, and creamy, slowly begin lifting the blender upward through the oil.

Continue moving the blender gradually upward until most of the oil has been incorporated. Give the mixture a couple of gentle up-and-down passes until the mayo is completely smooth and emulsified. Avoid aggressively blending it once it has come together.

Taste the mayo and refrigerate it before making additional adjustments. The flavor becomes more integrated once it has had a little time to chill, and the vinegar and Dijon give it that familiar tang that helps balance the richness of the avocado oil.

Bon appetit.

* Raw eggs can carry bacteria such as Salmonella and may increase the risk of foodborne illness. If you choose to make mayonnaise with raw egg, use pasteurized eggs and keep the finished mayo refrigerated. Pasteurization significantly reduces the risk of bacterial exposure compared with unpasteurized eggs, although it does not eliminate the risk entirely. Anyone who is pregnant, immunocompromised, elderly, very young, or otherwise at higher risk for foodborne illness should avoid recipes made with unpasteurized raw eggs.

If you are more interested in not using raw egg, or choose a vegan lifestyle, I am working on a vegan avocado mayo recipe, stay tuned.