

# **Egg Salad with Better Body Foods Avocado Mayo**

**Can you believe that this avocado mayo tastes just like your regular mayo, and uses 100% avocado oil? This avocado mayo is creamy and so smooth...you will love it!**



I must admit that I was very skeptical when approached to try the avocado oil mayo as I have tried the olive oil mayo and just did not like it...well, after trying this product I must confess...it is amazing, you can not tell the difference between the regular mayonnaise when compared to this one made with avocado.

Oh! Before I forget, I have been given the Better Body Foods Avocado Mayo as a gift, all opinions in this review are my own and I was in no way influenced by the company.

## **– Let's talk about mayonnaise...what is mayonnaise?**

Mayonnaise is a high oil emulsion, as in chemistry, emulsion is a mixture using ratios of two liquids that usually do not mix...as example we have water and oil. In case of mayonnaise would be lemon juice and egg, yolk (emulsifier) and oil. Oil is added slowly to the mixture of egg yolk and vinegar and whisked very quickly. Little droplets of

## **– Calories content?**

Well...I have not really compared the calories content between the traditional and the avocado mayonnaise, as you know all the mayonnaise uses egg and oil as a base, therefore they are all high in fat content and yes, not a considered a healthy food.



**– What's the difference between traditional mayonnaise and mayonnaise made with avocado oil?**

Since the oil is necessary in the making of mayonnaise, it will make sense that the kind of fat used will determine the health level of the mayonnaise. The best oil for mayonnaise would be olive or avocado oil...both oils in moderation are healthy...



## **– The test...**

I used a very simple way to test the avocado oil mayonnaise...egg salad...and it was delicious...

There is not recipe as hard boil eggs were chopped and mayonnaise added to taste. I did add freshly ground rainbow pepper to the egg mixture...and made a simple sandwich with the egg salad so nothing would mask the flavor of the mayonnaise.

## – The verdict...

Awesome, as mention before I did not care for mayonnaise made with olive oil, due to its strong flavor, but loved the mayonnaise with avocado oil, being the flavor milder and hard to differentiate between the traditional one. Not only tasted wonderful avocado oil in moderation is good for you heart and brain, lower your cholesterol and is loaded with antioxidants...



**– Are you ready to try avocado oil mayonnaise?**

I hope you get to try and please let me know how you like it...



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