

## Vegan Mayonnaise

Function – thickening, emulsification, water and oil binding

Below is a prototype recipe for a thick, creamy textured vegan mayonnaise. Made with citric acid, mustard and vinegar, it is lightly tart and goes perfectly with salads, sandwiches, sushi and so much more.

Lupin protein works exceptionally well as a thickener and emulsifier in sauces, forming a stable emulsion with no splitting in this application. In this prototype recipe the BP80F is added at 2.5% dosage, significantly improving the nutritional profile of the product. It is cholesterol free, with fewer calories and less saturated fat than traditional options.



The pleasant creamy white colour and light savoury flavour is typical of a mayonnaise style sauce.

Ingredient	Quantity [g]
Lupin protein BP80F	10
Xanthan gum	0.8
Pre-gelatinised rice starch	1.1
Citric acid	0.3
Mustard flour	2
Salt	4
Sugar	16
Water	105.8
White wine vinegar	40
Canola oil	220
Total	400
pH	3.89

## Method

1. Mix the xanthan gum with water 2mins/Speed 4 in a Thermomix bowl.
2. Add the lupin protein, sugar, salt, starch and mustard and mix 4 min/Speed 4.
3. Gradually add oil while mixing.
4. Finally, add vinegar and citric acid and mix to a smooth consistency 6 min /Speed 4.
5. Pour the mayonnaise into sterilized jars and store.

**Note:** Mayonnaise is highly acidic with a pH between 3.8 and 4.6, which prevents harmful bacteria from growing in it. The pH is easy to adjust with citric acid, vinegar etc depending on the storage conditions required.

**NUTRITION INFORMATION**

Servings per package: 15

Serving size: 20 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	434 kJ	2170 kJ
<b>Protein</b>	<b>0.5 g</b>	<b>2.3 g</b>
Fat, total	11.1 g	55.4 g
- saturated	0.8 g	4.1 g
Carbohydrate	0.9 g	4.3 g
- sugars	0.8 g	4 g
Sodium	81 mg	403 mg

Note: Many commercial vegan mayonnaise products contain <0.1% protein compared to 1-2% for standard mayonnaise.