

## **Mayo**

By: Dr Oz Show - <http://www.doctoroz.com/recipe/greek-yogurt-mayo>

### Ingredients:

3 tbsp apple cider vinegar  
17 oz Greek Yogurt  
2 tbsp Dijon Mustard  
1 tsp salt  
Stevia to taste (approx. 2 single packets)  
1 tsp Pepper

### Instructions:

1. Mix all ingredients and spread!!!
2. Pour in tightly covered container. Refrigerate.

Note: The mayo will keep in the refrigerator for 1 week.

Makes 1 cup

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