

Beannaise (Vegan, Gluten-Free, Nut-Free, Soy-Free)

A sampling from the Food Allergy Survival Guide, reprinted with the permission of Jo Stepaniak

"At last, a vegan mayonnaise that is moderately low in fat, healthful, delicious, and soy free! It also is far less expensive than store-bought vegan mayonnaise, yet it rivals the taste and versatility. Best of all, you just can't get any fresher than homemade. Use this creamy spread anywhere you would use mayonnaise - on sandwiches, in potato and pasta salads, or as a starting point for other sauces and dressings. You'll find endless ways to enjoy it, and every time you do you'll add a touch of luscious flavor, healthful dietary fiber, and a wonderful protein boost, too!"

- 1 3/4 cups drained cooked or canned white beans (one 15 or 16 oz can)
- 2 Tablespoons fresh lemon juice
- 1 Tablespoon white wine vinegar or additional fresh lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon dry mustard
- 1/3 cup extra-virgin olive oil
- 1/3 cup organic canola or safflower oil

Place the beans, lemon juice, vinegar, salt, and dry mustard in a blender (for the smoothest dressing) or food processor fitted with a metal blade. Process until very creamy. With the appliance running, drizzle in the oils in a slow, steady stream through the cap opening in the lid. Continue processing until well blended and completely smooth, stopping to scrape down the sides of the container as needed. Chill thoroughly before using. Keeps about 7 days in the refrigerator. May be frozen.