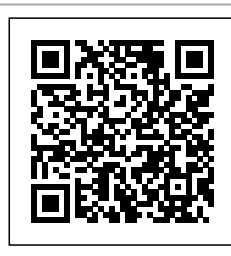


BLT Sandwich



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Video!



Recipe by: Laura Vitale

Serves 6 depending on the size

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients

For the homemade mayo:

- 1 Egg
- 1 Tbsp of Dijon Mustard
- 1 Tbsp of Fresh Lemon Juice
- 1 cup of Avocado Oil
- Salt to taste

For the remaining sandwich:

- French Bread
- Crispy Cooked Bacon
- Fresh Sliced Tomatoes
- Thinly Sliced Turkey
- 2 Tbsp of Basil Pesto
- Fresh Arugula or Baby Spinach

1) To make the mayo, add the egg, mustard, lemon, oil and salt in a large wide mouth jar, using a handheld immersion blender, place it all the way at the bottom, start to blend for 30 seconds then slowly blend moving the blender up and down until the mixture becomes thick and creamy (watch video to see a clear explanation of this).

2) Add the pesto to about 6 tbsp of mayo, then build your sandwich to your preference!

