



healthy hollandaise sauce

prep time: 10 min

cook time: 5 min

servings: 1 1/2 cups

Ingredients:

- 1 cup extra virgin olive oil, mild flavour
- 3 large egg yolks
- 5 tbsp warm water (not hot), divided
- 3 tbsp fresh lemon juice
- 1/2 tsp sea salt
- 1/2 tsp crushed white peppercorn
- 1/8 tsp granulated sugar (about a pinch)
- dash of cayenne pepper

Directions:

1. Heat the olive oil in a small saucepan over lower heat, for about 5-6 minutes until warm; set aside.
2. In a food processor add the yolks, 3 tablespoons warm water, lemon juice, salt, white peppercorn, sugar and cayenne. Pulse until combined.
3. With the blender running on low, slowly add in the olive oil from the spout. If the sauce is too thick, add up to 2 tablespoons of the remaining warm water and process until desired consistency is reached (1 tablespoon at a time).
4. Serve right away over your favourite dish, such as steamed asparagus, poached eggs or salmon.

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