

Lemon Bars

Prep Time: 10 minutes

Cook Time: 40 minutes

Yields: 36 pieces if cut into small squares.

250 carbs per 8x8 pan

Ingredients

Crust

- 2 cups almond flour
- 2 tbsp tapioca flour
- 1/4 cup grass-fed butter OR coconut oil*, melted
- 1/4 cup pure maple syrup or raw honey
- 1 teaspoon vanilla
- 1/4 teaspoon sea salt

Lemon Curd

- 3 large eggs
- 4 large egg yolks
- 1/2 cup beet sugar OR maple sugar
- Zest from 4 lemons
- 3/4 cup fresh-squeezed lemon juice (from about 6 lemons)
- 1/4 teaspoon sea salt
- 8 tablespoons (1 stick) unsalted butter, softened and cut into cubes
- Powdered sugar, for dusting

Directions

1. Pre-heat the oven to 350 degrees °F.
2. Line an 8x8 baking pan with parchment paper and set aside.
3. Combine all crust ingredients in a medium mixing bowl and mix well. Press evenly into the baking pan. Bake for 25-30 minutes, or until crust is lightly brown.
4. While crust bakes, make the lemon curd.
5. Place lemon curd ingredients, except for the butter, in a small saucepan.
6. Over low heat, whisk the lemon curd until it becomes thick enough to coat the back of a spoon and take off heat. This process should take around 8-10 minutes.
7. Using a fine mesh strainer, strain the lemon curd into a medium mixing bowl. Add in the butter and stir well until melted.
8. Pour lemon curd over the crust. Bake for an additional 10-15 minutes. Set aside, let cool completely, cover, and store in the refrigerator for at least 3 hours to set.
9. Top with powdered sugar, slice, and devour!