

These healthy lemon bars have an almond flour shortbread crust and a creamy, perfectly tart lemon filling. They're gluten-free, dairy-free, naturally sweetened and made with only 6 simple ingredients!

INGREDIENTS:

CRUST:

- 2 cups almond flour
- ½ cup maple syrup

FILLING:

- 4 large eggs
- ½ cup maple syrup
- ⅔ cup lemon juice
- ¼ cup almond flour
- ½ teaspoon baking powder
- Pinch of fine sea salt
- Zest from 1 lemon

GARNISH:

- Powdered sugar, sifted, optional



INSTRUCTIONS:

1. Preheat the oven to 350°F and line an 8×8 baking dish with parchment paper or spray with cooking spray.
2. Make crust by combining almond flour and maple syrup in a medium bowl.
3. Press dough firmly into prepared baking dish. Place crust in oven and bake for about 20 minutes, until lightly golden.
4. While crust is baking, whisk filling ingredients together in a large mixing bowl.

5. Once crust is done baking, remove from oven and slowly pour filling onto crust.
6. Return baking dish to oven to cook for 20-25 minutes, until filling looks set and is no longer jiggly in the middle.
7. Remove from oven and let cool completely at room temperature. Then let cool in fridge until bars set up, about 4 hours over overnight.
8. Sift powdered sugar onto bars if using, cut and serve.

PREP TIME:

5 minutes

COOK TIME:

40 minutes

CHILL TIME:

4 hours

TOTAL TIME:

4 hours 45 minutes

SERVINGS:

16 bars

Nutrition

Serving: 1 bar | Calories: 164kcal | Carbohydrates: 19g | Protein: 6g | Fat: 8g | Cholesterol: 47mg | Sodium: 44mg | Potassium: 147mg | Fiber: 2g | Sugar: 16g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.