



LEMON BARS

SERVES: 12 (1 bar each) Prep Time: 10 min. Cooking Time: 50 min. + 3 hours to set

CONTAINER EQUIVALENTS (per serving):  2½  ½

FOR CRUST:

1½ cups **crushed graham crackers, gluten-free**
1 Tbsp. **pure maple syrup**
3 Tbsp. **extra-virgin organic coconut oil**

FOR FILLING:

¾ cup **fresh lemon juice**
1 Tbsp. **finely grated lemon peel (lemon zest)**

¾ cup **pure maple syrup**
¼ cup **cornstarch (preferably GMO-free)**

1 cup **unsweetened coconut cream, stirred well**

3 **large egg yolks**

½ cup **gluten-free all-purpose flour (preferably Bob's Red Mill® All-Purpose Baking Flour, red label)**

1 dash **sea salt (or Himalayan salt)**
 Powdered sugar, gluten-free (for garnish)

SPECIAL EQUIPMENT:

Nonstick cooking spray
Parchment paper
Kitchen/flour sifter


1. Preheat oven to 350° F.
2. Coat an 8½ inch x 8½-inch baking dish with cooking spray and line with parchment paper, allowing edges to hang over side of dish. Coat parchment paper with spray. Set aside.
3. Place graham crackers in a small food processor (or blender) and pulse until fine. Add maple syrup and oil and pulse until thoroughly combined.
4. Cover the bottom of baking dish with crust mixture, packing it down evenly. Bake for 12 to 15 minutes, or until edges are golden brown.
5. While crust is baking, place lemon juice, lemon peel, maple syrup, cornstarch, coconut cream, egg yolks, flour, and salt in blender. Cover and blend until ingredients are well mixed.
6. Once crust has finished baking, allow to cool for 10 minutes then carefully pour filling mixture over crust and bake for 30 to 35 minutes, or until set.
7. Allow lemon bars to cool for 10 minutes. Then place them in the refrigerator for 3 hours, or until completely cool.
8. Once lemon bars are cool, carefully lift parchment paper with pastry from baking dish and place on a cutting board. Trim off any charred edges. Sift powdered sugar lightly and evenly over the top of lemon bars. Cut into 12 bars.
9. Serve immediately, or store refrigerated in an airtight container for up to 3 days.


RECIPE NOTES:

- The crust requires a good, dense texture so don't be afraid to take your time packing it down into the baking dish.
- The top of the bars will look a little uneven and/or have a few bubbles after baking. This is normal. Dust lightly with powdered sugar to cover any imperfections right before cutting.

NUTRITIONAL INFORMATION (per serving): Calories: 271 Total Fat: 10 g Saturated Fat: 7 g Cholesterol: 46 mg
Sodium: 66 mg Carbohydrates: 44 g Fiber: 1 g Sugars: 31 g Protein: 2 g

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