

Lemon Bars



Ingredients:

Crust

½ cup coconut oil, melted
1 tsp vanilla
¼ tsp salt
½ cup almond flour
¼ cup coconut flour
¼ cup tapioca flour

Lemon Filling

½ cup fresh lemon juice (usually 2 lemons)
4 eggs (pastured raised)
1/3 cup sugar (organic cane)
2 tablespoons tapioca flour

Preheat oven to 325 degrees. Line 8 x 8 pan with parchment paper.

For crust:

Mix all ingredients together and pat into 8 x 8 glass or ceramic pan, as the heat is more evenly distributed than in a metal pan. Bake for about 15 minutes until lightly golden brown.

For filling:

Mix all ingredients together with whisk or food processor.

You want the filling to be well-blended as the eggs have a tendency to form little white spots. (If white spots form and you don't like the look, dust with powdered sugar before serving.)

Pour filling onto the crust and return to the oven at 325 degrees for about 25 minutes. The filling should be set and not jiggle when you move the pan.

When finished baking, let cool in pan, then lift from the pan using the parchment paper. Set on cutting board.

Cut into 16 squares. Refrigerate to chill before serving.