

Keto Lemon Bars (Gluten Free)

(Cooking with the Girls – Ep. 8)

Ingredients:

For the Crust:

6 Tbsp of Butter, melted
2 cups of Almond Flour
½ cup of Monk Fruit Sweetener
1 Tbsp of Lemon Zest

For the Filling:

½ cup of Butter, melted
½ cup of Monk Fruit Sweetener
½ cup of Lemon Juice
¼ cup of Lemon Zest
6 Egg Yolks, 1 Egg White
1 tsp of Unflavored Gelatin

Directions:

For the crust:

Preheat the oven to 350°.

In a medium bowl, melt the butter in the microwave. Mix in the almond flour, monk fruit sweetener, and lemon zest until well combined. Press dough into the bottom of an 8 x 8-inch square pan. Line the pan with parchment paper first, for best results.

Bake for 10 minutes. Remove and cool while you make the filling.

For the filling:

In a small saucepan, melt the butter on low heat. Remove from heat and whisk in monk fruit sweetener, lemon juice, and lemon zest until well combined. Add in the egg yolks and egg white over the stovetop on low heat. Whisk continually until the curd starts to thicken. Remove from the heat, then whisk in unflavored gelatin until smooth. Pour the filling over the pre-baked crust and spread out evenly to the edges of the pan.

Bake the bars at 350° for 15 minutes. Remove and cool. Sprinkle with Monk Fruit Sweetener or Powdered Swerve before serving if desired. Cut into sixteen 2 x 2 squares.