

Healthy Coconut Lemon Bars

Sources: <https://www.asweetpeachef.com/healthy-lemon-bars/#recipe>
<https://www.bakedbyanintrovert.com/coconut-lemon-bars/>

Crust

Amount	UOM	Ingredient	Substitution
1/4	Cup	Sweet flaked Coconut	Unsweetened flaked Coconut, toasted
1 1/3	Cup	All-Purpose Flour	Gluten Free Flour
1/3	Cup	Icing Sugar	Powdered Erythritol
1/8	Tsp	Salt	
1	Tbsp	Lemon Zest from 1 large Lemon	
1/2	Cup	Unsalted Butter, cut into pieces	

Filling

Amount	UOM	Ingredient	Substitution
4+		4 Large Eggs plus 1 Yolk room temperature	
1/3+	Cup	Raw Honey plus 2 Tbsp	1/4 Cup Honey + 3 Tbsp Erythritol
1	Tbsp	Lemon Zest	
3	Tbsp	Arrowroot Flour	
3	Tbsp	Spelt Flour	gfJules GF Flour
3/4	Cup	Fresh Lemon Juice	

1. Preheat the oven to 350F.
2. Use pastry cutter to blend Crust ingredients. Press into 8x8 or 9x9 silicone baking pan.
3. Bake 15-20 minutes till lightly golden brown.
4. Prepare Filling while crust is baking. Whisk the Eggs, Yolk, Honey, Sweetener and Lemon Zest together in a bowl. Add the Flours gradually and blend till no clumps remain.
5. Pour the freshly squeezed Lemon Juice into the filling mixture and whisk until evenly combined.
6. Pour Filling into the hot Crust. Bake 25 minutes. Centre is slightly jiggly.
7. Remove Lemon Bars from the oven and allow to cool completely. Then cover and refrigerate for at least 6 hours, preferably overnight.
8. Cut into 9 squares. Put Powdered Erythritol in a sieve and dust the squares. If desired, garnish with additional Lemon Zest and toasted Coconut.