

# Creamy Dreamy Lemon Bars



**Plan Z Phase:** This is a Z3 (ZReboot) recipe.

My husband's favorite dessert flavor is lemon. These hit his tart meter for sure! They taste divine and have no sugar and no gluten. Your friends and family won't need to know these aren't "bad" for you!

This is the kind of dessert I serve at fancy dinner parties; even holidays. Rather than a large dessert, folks seem to enjoy something small and decadent.

You can buy Swerve sugar substitute in some stores or order it online. The Super Fine ground almond flour and the coconut flour are in most grocery stores. Check out the organic section and look for the brand Bob's Mill. Be SURE to get Superfine almond flour. It works best in baked goods.

## **For the crust:**

- $\frac{3}{4}$  cup of softened butter
- $\frac{1}{3}$  cup of Swerve granular sugar substitute
- 2 cups of Superfine ground almond flour

## **For the filling:**

- 4 eggs
- 1 cup of Swerve granular
- $\frac{1}{4}$  cup of coconut flour
- $\frac{1}{2}$ - $\frac{3}{4}$  cup of lemon juice. 2 lemons should net you the right amount depending on size. The more tart you want these the more lemon juice.
- $\frac{1}{4}$  cup of whipping cream

Optional:

- Swerve powdered sugar for a dusting on top of the bars

### **Instructions:**

Preheat oven to 350 degrees.

In a bowl, add the softened butter in chunks, the almond flour and the Swerve. Use a pastry cutter or a fork to blend. Just keep cutting the butter into the almond flour until it's all mixed to a dough consistency. Turn the dough out into a 9" x 13" baking pan. You are going to want to spread the dough across the bottom of the pan. In order to keep my hands clean, I use a piece of plastic wrap. I spread that over the dough and then I can manipulate the dough across the bottom of the pan without getting dough in my fingernails. Toss the plastic when finished.

Put the crust in the oven and bake 15 – 20 minutes or until it's golden on the edges and about set. It might be a little loose in the middle but try to bake it until it firms up and is light beige. Keep an eye on it because it can brown very quickly toward the end of the baking time. Cool the crust on the counter for 10 minutes and then cool it in your refrigerator for 10 more minutes so it sets up nicely.

While the crust is cooling in the refrigerator you can make your filling.

In your blender, add the eggs, Swerve, coconut flour, the lemon juice and the cream. Blend until fully mixed. This will only take about 10 seconds. The cream is a nice addition because it mellows out the tartness of the lemon juice. These will still be plenty tart. They won't be the electric-yellow color of many lemon bars but they are still pretty.

Take the crust out of the refrigerator and pour the filling over the top. Carefully transfer to your oven and bake this mixture for 20-25 minutes or until it's almost set. They might be a little jiggly in the middle but you'll know it's set enough when you see little bubble marks across the top.

Leave them on the counter to cool to room temperature. They will firm up more as they cool. Then transfer to the refrigerator and let them chill for at least two hours. This makes them easier to cut evenly.

You can cut the whole pan into bars or just cut off as many as you want to serve and keep the leftovers in the refrigerator covered in plastic wrap.

If you want to dust them with a bit of powdered sugar, leave that process until just before you want to serve them. That will ensure the powdered Swerve tastes fresh and doesn't soak into the bar surface.

Enjoy!

Cheers,