



Keto Lemon Bars

Keto Lemon Bars is a perfect balance with buttery almond flour crust, topped with a tangy sweet lemon filling! All the flavors we have grown to love about the classic lemon bars minus all the sugar!

INGREDIENTS

For the crust:

2 Cups almond flour

6 Tablespoons Butter

3 Tablespoons Powdered Sweetener

For the filling: See recipe below

EQUIPMENT

Blender or hand-held mixer

INSTRUCTIONS

For the crust:

Preheat the oven to 350F and grease a 9x9 baking dish.

Combine the almond flour, melted butter and 3 tablespoons of powdered lakanto sweetener in a large bowl.

Pour the crust mixture into the casserole dish and press in with a flat bottom cup.

Bake in the pre-heated oven for 25 minutes or until golden brown.

Remove from the oven and set aside.

For the filling:



HONEY MEYER LEMON CURD

Honey Meyer Lemon Curd is like a burst of mid winter sunshine! This easy recipe is made with vibrant Meyer lemons and wildflower honey for a mellow flavor and cheering color.

Lemon lovers, I've got your back today. I've made lemon curd before, so many times, but I never get tired of it because I find that every recipe is a little bit different and makes me fall in love all over again with its satiny texture and zippy flavor. The latest lemon curd is always the greatest, that's just the way it is.

Ingredients

1/2 cup fresh Meyer lemon juice (115 grams) You can use the juice of regular lemons, too.

1 large egg

3 large egg yolks

2/3 cup honey (225 grams)

pinch of coarse salt

6 Tbsp unsalted butter, cut in pieces (85 grams)

Instructions

Put the lemon juice, egg and yolks, honey, and salt in a 2-3 quart heavy bottomed saucepan.

Whisk to combine.

ingredients in saucepan to make lemon curd

Add the butter and begin heating on medium to medium high, whisking almost constantly.

As the butter melts, switch to a silicone spoonula and continue stirring, scraping the sides and bottom of the pan as the mixture begins to thicken. When it comes to a gentle bubble, stir for a few seconds more, then remove from the heat.

Push the curd through a strainer, pressing down with the back of your silicone spoonula to get as much through as possible. You'll just be left with a few small lumps of cooked egg.

Chill until cold, and use within a week or so. The curd will thicken further as it chills.

Pour this mixture on top of the crust and cook in the oven for 15 minutes more.

Remove from the oven to cool for 10 minutes.

Sift a little extra powdered sweetener over the top and cut into 9 squares.

Serve.