

Lemon Bars

GLUTEN-FREE + VEGAN



CRUST INGREDIENTS:

1½ cups almond flour/meal
½ cup unsweetened shredded coconut
⅛ tsp sea salt
¼ cup coconut oil, melted
2 Tbsp pure maple syrup

FILLING INGREDIENTS:

½ cup plus 2 Tbsp silken tofu
¾ cup vegan natural cane sugar
Zest from 2 lemons (about 1 Tbsp)
⅓ cup freshly squeezed lemon juice
¼ tsp baking powder
2 Tbsp arrowroot starch/flour or (gf) oat flour
A few drops of yellow food coloring (optional)
Vegan powdered sugar to garnish (optional)



Tested and Approved by 86lemons.com

<http://86lemons.com/lemon-bars>

Original Recipe Source:

Chickpea Magazine, Winter 2012 issue (pg 51)
Grapefruit Bars

<http://issuu.com/chickpeamag/docs/winter2012>

Recipe was altered slightly from original source to make Lemon Bars (instead of Grapefruit Bars).

YIELDS:

9 to 16 bars, depending on how big you slice them

STEP 1:

Pre-heat the oven to 350°F. Brush an 8-inch square pan or baking dish with coconut oil, then line it with parchment paper, leaving an overhang (do this both ways so there is overhang on all four sides).

STEP 2:

In a large bowl, combine almond flour, shredded coconut and sea salt. Add coconut oil and maple syrup. Mix until crust starts to stick together. Use your hands to form crust into a ball.

STEP 3:

Place ball of dough into prepared pan. Using your fingers, press dough until bottom of pan is evenly covered. Using a fork, prick crust a few times. Bake crust for 15-18 minutes, until just starting to turn golden on top and edges. Remove crust from oven and allow to cool while preparing filling.

STEP 4:

In a blender or food processor, combine all filling ingredients except powdered sugar. Carefully pour mixture over crust and put it back in the oven. Bake until filling sets, about 30 minutes. Remove bars from oven and allow to cool completely.

STEP 5:

Once cool, gently slide a knife along edges of the pan; lift uncut bars out of pan using parchment paper overhang. Garnish with powdered sugar and slice into bars.