

Lemon Bars

FROM THE KITCHEN OF AHNA @ HAMMERSNHUGS.COM



INGREDIENTS:

4 EGGS
½ C SUGAR
⅓ C LEMON JUICE (ABOUT 3 LEMONS)
POWDERED SUGAR

CRUST:

2 C WHITE WHOLE WHEAT FLOUR
2 STICKS BUTTER, SOFTENED
1 ½ C SUGAR
¼ TSP SALT

DIRECTIONS:

PREPARE CRUST BY MIXING ALL THE INGREDIENTS TOGETHER AND PRESSING INTO A GREASED GLASS 9X13 DISH. BAKE AT 350F FOR 20 MINS. MIX THE EGGS, SUGAR AND LEMON JUICE. POUR INTO BAKED CRUSTS AND RETURN TO THE OVEN FOR ANOTHER 15 MINS OR UNTIL EDGES ARE JUST SLIGHTLY BROWNED. ALLOW TO COOL AND REFRIGERATE FOR 1-2 HOURS PRIOR TO SERVING. LIGHTLY DUST THE BARS WITH POWDERED SUGAR. 12 SERVINGS.

TO FREEZE:

PREPARE AND BAKE AS DIRECTED ALLOWING TO COOL COMPLETELY. SEAL IN FREEZER SAFE BAKING DISH OR SEAL INDIVIDUAL BARS AND PLACE IN FREEZER.

MACROS PER SERVING: 352 CALS 43G NET CARBS 18G FAT 5G PROTEIN