

Low-Carb Lemon Bars

Hands-on 15 minutes Overall 3 hours

Nutritional values (per serving): Total carbs: 3.6 g, Fiber: 1.5 g, **Net carbs: 2.1 g,**

Protein: 3.9 g, Fat: 9.9 g, Calories: 113 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 16 squares)

Crust:

- 2 cups [almond flour](#) (200 g/ 7.1 oz)
- 3 tbsp butter, melted (45 ml)
- 4 tbsp [almond milk](#) (60 ml/ 2 fl oz)
- 4 tbsp granulated [Erythritol](#) or [Swerve](#) (40 g/ 1.4 oz)
- 1/2 tsp [xanthan gum](#)

Lemon curd layer:

- 1/2 cup fresh squeezed lemon juice (120 ml/ 4 fl oz), or up to or more to 3/4 cup for more zing
- grated zest of one to two lemons, to taste
- 1/3 cup granulated [Erythritol](#) or [Swerve](#) (67 g/ 2.4 oz)
- 2 large eggs
- 2 egg yolks
- 3/4 tsp [glucomannan powder](#) (or up to 1 tsp if using more lemon juice)

Optional topping:

- 1 tbsp [powdered Erythritol](#) or [Swerve](#) to sprinkle on top, to serve

Instructions

- Preheat oven to 170 °C/ 340 °F (conventional), or 150 °C/ 300 °F (fan assisted). To make the crust, combine all ingredients in a bowl and mix well.
- Line a tray (either 20 x 20 cm/ 8 x 8" or 23 x 15 cm/ 9 x 6" tray) with baking paper, and then pour the mixture in, pressing down firmly. Bake 15 to 18 minutes, until just starting to brown.
- While the crust is baking, whisk together all of the lemon curd ingredients in a bowl.
- Pour onto the base as soon as it comes out of the oven (while its still hot). Spread across the base, and return to the oven, lowering

the temperature to 160 °C/ 320 °F (conventional), or 140 °C/ 285 °F (fan assisted). Bake 15 to 18 minutes until just set in the centre. *Note: To prevent the top from cracking, place a ramekin filled with water in the oven. The steam will help keep the top moist.*

- Allow the pan to cool completely, and then move to the fridge for at least 2 hours before slicing.
- Sprinkle with powdered low-carb sweetener before serving.
- Store in a sealed container in the fridge up to 5 days.

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)