AMERICAN · DESSERT

Lemon Bars with Almond Shortbread Crust

45 min · plus 1–2 hours chilling Makes 9 × 1 bar 201 kcal a portion

Video 4:56 · Joe Duff - The Diet Chef

Vegetarian | Gluten-free ingredients

Sweetened with erythritol instead of sugar: about 3 g net carbs a bar. Almond flour in both the crust and the filling gives about 40% of a day's vitamin E.

Diet notes: Keto (3 g net carbs a serve).

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Ingredients

12 · MAKES 9 × 1 BAR

- [ ] 3 tbsp (42 g) **salted butter**, melted, for the crust
- [ ] 1 large **egg yolk**, for the crust
- [ ] 1/2 tsp **vanilla extract**
- [ ] 100 g (just under 240 ml) **blanched almond flour**, for the crust
- [ ] 3 heaped tbsp (30 g) **confectioners Swerve** (erythritol), for the crust
- [ ] a little **baking spray**, for the parchment
- [ ] 3 large **eggs**, for the filling
- [ ] **Lemon juice**: juice of 3 medium lemons (80–90 g)
- [ ] **lemon zest**, from 1/2 lemon
- [ ] 100 g **confectioners Swerve** (erythritol), for the filling
- [ ] 105 g (just under 240 ml) **blanched almond flour**, for the filling
- [ ] **confectioners Swerve**, sifted over to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 180°C. Line an 20 cm square dish with parchment and give it a light coat of baking spray. 1:53
2. Whisk the melted butter, egg yolk and vanilla, then mix in 100 g almond flour and 30 g confectioners Swerve until crumbly. Press evenly over the base of the dish and bake about 10 minutes. 0:36
3. Meanwhile, whisk the 3 eggs with the strained lemon juice and the zest. Add 100 g Swerve and 105 g almond flour and mix until smooth and creamy. 2:24
4. Let the crust cool a few minutes, pour over the filling and bake about 20 minutes more, until the edges just pull away from the parchment and the middle is very slightly jiggly. 3:46
5. Cool, then chill 1–2 hours. Sift a little confectioners Swerve over the top and cut into 9 bars. 4:10

> **Tip** Strain the lemon juice to catch the seeds. The cook also links Lakanto confectioners monk fruit as a sweetener. Store the bars covered in the fridge.

The method is a summary in our words — the video shows every step.

One portion (1 bar) gives you

1 OF 9 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
201 kcal	7.3 g	5.9 g	2.9 g	18 g	50 mg
840 kJ	15% of a day	3 g net · 1.5 g sugars	10% of a day	4 g saturated	2% of a day
		2% of a day		22% of a day	

Energy from net carbs 6% · protein 14% · fat 80% — fits keto: 3 g net carbs, 80% of the energy from fat

High in (20%+ of a day) Vitamin E 41%

Source of (10–19%) Magnesium 15% · Selenium 13% · Vitamin B12 10%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=agCS9tqXZYk, published 30 June 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-lemon-bars-shortbread-crust