

HONEY LEMON BARS

Serves: 12 bars

INGREDIENTS

- **BASE:**
- 1½ c. oats, measured then ground into flour
- 1 T. coconut sugar (or another natural granulated sugar)
- ¼ t. sea salt
- 2 T. olive or coconut oil (melted, if using coconut oil)
- 4-5 T. cold water
- **FILLING:**
- 4 eggs
- 1 T. lemon zest
- 6 T. lemon juice
- 5 T. raw honey
- pinch sea salt
- ½ c. oats, measured then ground into flour
- scant ¼ t. powdered stevia extract (sprinkle on top)

PREPARATION

1. Preheat the oven to 350 degrees
2. **BASE:**
3. Mix together the ground oats, coconut sugar, and salt.
4. Mix the oil into the dry mix (it should look 'pebbly').
5. Mix in enough water to make a non-sticky dough.
6. In a WELL-OILED 8 x 8 baking dish, press the dough into the bottom of the dish (break up the dough into smaller pieces and scatter them around the dish and then press them down).
7. Bake the base for 12 minutes.
8. Cool while you make the filling.
9. **FILLING:**
10. Beat the eggs with the rest of the ingredients until a smooth batter is formed
11. Pour the batter atop the cooled crust.
12. Bake for 20 minutes.
13. Cool completely, cut, and serve!

NUTRITION INFORMATION

Serving size: 1/12 of recipe Calories: 125 Fat: 4.7 g Saturated fat: 1 g Unsaturated fat: 3.7 g Trans fat: 0 g Carbohydrates: 17.8 g Sugar: 8.6 g Sodium: 82 mg Fiber: 1.5 g Protein: 3.8 g Cholesterol: 55 mg

ENJOY 😊