



Nourish Recipe

Meyer Lemon Bars

Servings: 4

Recipe courtesy of
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Ingredients

Crust Ingredients

2 ½ Tbsp coconut oil

2 Tbsp pure maple syrup

1 cup unsweetened shredded coconut

1 cup almond flour

¼ tsp sea salt

1 organic egg white (save yolk)

Lemon Filling Ingredients

3 organic eggs

2 organic eggs (yolks only)

⅓ cup pure maple syrup

⅓ cup lemon juice

2 lemons zested

⅓ cup almond flour



Fun Facts & Recipe Tips



An upgraded classic! We love the tartness of the lemon with the light texture the egg whites provide. Bring these to stay on track when you've got a shower or a party.

Make ahead tip: These last well in a sealed container for up to 4 days.

What you'll need



measuring
spoons



measuring
cups



medium
saucepan



9x5 loaf pan



large bowl

Meyer Lemon Bars

Instructions

1. Preheat the oven to 350°F. Line a 9x5 loaf pan with parchment paper and set aside.
2. In a medium saucepan, melt the coconut oil (2 ½ Tbsp). Once it's completely melted, add the maple syrup (2 Tbsp), shredded coconut (1 cup), almond flour (1 cup) and salt. Mix until well combined and remove from the heat. Add the egg white and stir.
3. Pat the almond flour mixture onto the bottom of the loaf pan and firmly press down. Bake for 10 minutes or until lightly golden. Remove from oven and set aside.
4. While crust is cooking, beat the eggs (3) and yolks (2) in a large bowl with an electric mixer or whisk with hand; beat until frothy. Add the maple syrup (½ cup), lemon juice (½ cup), zest, and almond flour (½ cup) and beat for 2 minutes.
5. Pour the filling over the crust and bake for 20 minutes or until the center is set. Remove from oven and let the bars cool completely before cutting. Store in a sealed container at room temperature.



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Nutrition Facts

Servings 4

Amount Per Serving

Calories **347**

% Daily Value

Total Fat 23.7g **30%**

Saturated Fat 14.9g **74%**

Cholesterol 247mg **82%**

Sodium 91mg **4%**

Total Carbohydrate 24.4g **9%**

Dietary Fiber 2.3g **8%**

Sugars 20.8g

Protein 7.4g

Vitamin D 9mcg **46%**

Calcium 77mg **6%**

Iron 2mg **11%**

Potassium 48mg **1%**