

Lemon Bars

This Is A HEAVILY Tweaked, Non-Traditional Recipe For Sugar Free Lemon Bars

I originally didn't want to include Lemon Bars in this cookbook. However, I've been promising [@mhertoghe](#), from Connect, I'd make them... FOR TWO YEARS! I figured I'd surprise her and add them in as the final recipe for this revised dessert section. What can I say, I'm cooler than the other side of a pillow.

Ingredients:

CRUST

- 1/2 cup 0 calorie 1-to-1 sugar replacement o' choice
- 1-1/2 cups all purpose flour
- 1/4 tsp salt
- 1-1/2 tsp cornstarch
- 1/2 tsp baking powder
- 10 Tbsp (1/2 cup PLUS 2 Tbsp) I can't believe it's not butter Light, melted in a small dish (Go-go-gadget, Microwave!)
- 1/2 tsp vanilla extract
- 1 Tbsp water
- Butter flavored cooking spray

LEMON FILLING:

- 8 large eggs
- 1 egg yolk
- 2/3 cup bottled lemon juice (see notes on why I used bottled)
- 2-3/4 to 3 cups 1-to-1 **"BAKING SUGAR ALTERNATIVE"**, to taste. (I used 'King Arthur' brand. It took (2) 12oz bags)
- 1/3 cup (5 Tbsp) all purpose flour
- 1/2 tsp baking powder

TOPPING: (OPTIONAL)

- 0 calorie confectioners sugar replacement
- Wire Mesh Strainer, for dusting

Directions:

1. Preheat oven to 350 degrees and place oven rack to the middle position. Spray a 13"x9" baking pan with cooking spray, set aside.

Servings Info.:

Yield: 13"x9" pan o' goodness

Servings: 12 lemon bars

Serving Size: 1 lemon bar



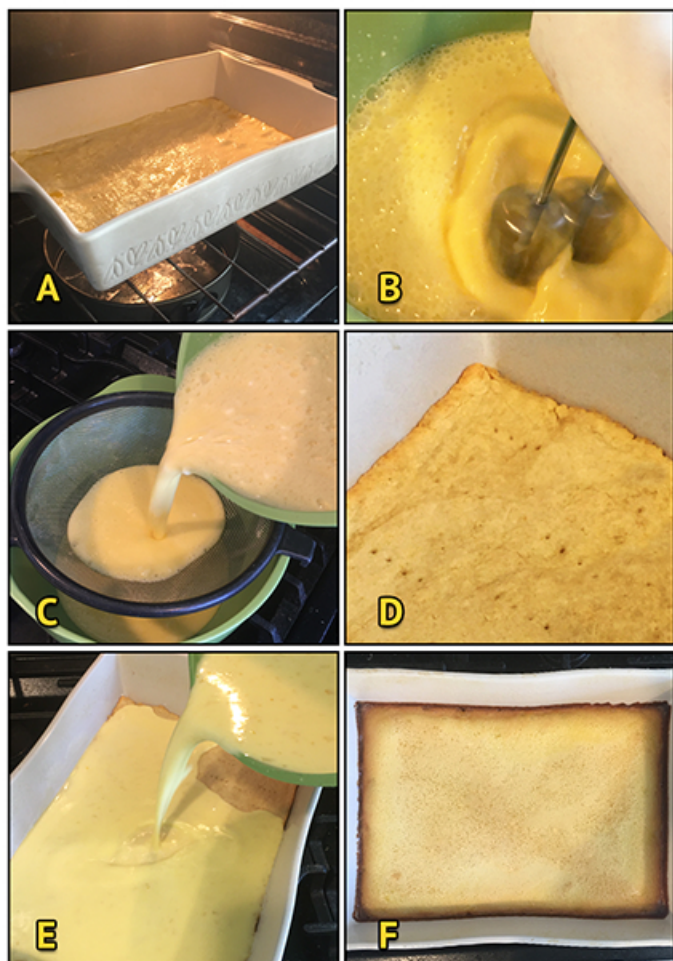
Range

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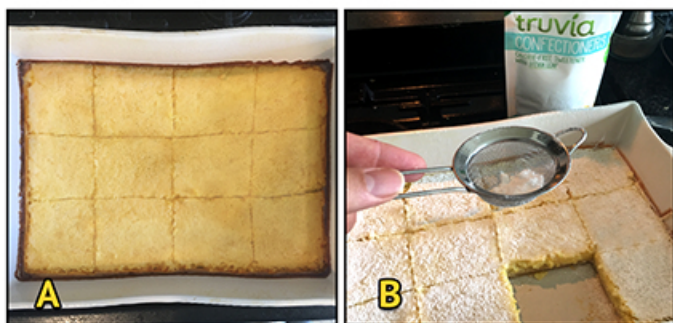
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2. (A) In a medium mixing bowl, combine all of the crust ingredients, till (B) juuuuust combined into a loose/soft ball. If it's too dry, spray into the dough, while mixing, with the butter flavored cooking spray. Work the dough till a soft ball comes together. (C) Place into prepared baking pan, cover with plastic wrap and press/spread the dough from edge to edge. Let the dough rest for 15 minutes, then spread again, till it comes 1/4 to 1/2 inch up the sides of the pan. The bottom crust should NOT be thick. (D) Poke holes down into the dough, with a fork.



3. (A) Place into the preheated oven and bake for 20-22 minutes at 350 degrees. (B) WHILE THE CRUST IS IN THE OVEN, use an electric hand mixer to combine the eggs and yolk in a mixing bowl. Add the remaining filling ingredients. Mix till smooth. (C) To ensure a smooth batter, pour it through a wire strainer, into another bowl. Set aside. (D) Once the edges of the crust begin to brown, remove crust from oven. (E) **IMMEDIATELY** re-stir the filling, then pour over the crust and quickly, but carefully, return pan to the oven. Try not to 'slosh' the liquidy filling around in the pan. Bake for 28-30 minutes at 350 degrees, till the filling **BARELY** 'jiggles' when the pan is jostled/nudged, like aalmost set Jell-O gelatin. (F) Remove pan from oven, and let cool for 20 minutes, then move to the fridge. Let cool, uncovered, for at least 3-4 hours.



4. (A) Remove cooled lemon bars from the fridge and use a sharp knife to carefully slice down, through the crust, cutting the lemon bars into 12 bars. (B) Just prior to serving, place some confectioners sugar replacement into a wire strainer and dust the tops of the lemon bars.

NOTES:

- **I CAN'T BELIEVE IT'S NOT BUTTER LIGHT:** If you'd rather use a different 'low point' butter, like "Land O' Lakes, Light", be my guest. But, adjust your points accordingly.
- **BOTTLED LEMON JUICE!?:** Bottled lemon juice has less points in the database. 1 cup of fresh juice has 3 points, while 1 cup of bottled lemon juice has 1 point.
- **CONFECTIONERS SUGAR REPLACEMENT:** There are a few brands of 0 calorie confectioners sugar replacement, online and in stores. Don't want to see it? Use the regular kind.
- **WHY SO MUCH SWEETENER?!?!?:** Because... this is a **DOUBLE BATCH** of lemon filling/curd, compared to most lemon bar recipes you'll find. I wanted a tall, thick layer, so I doubled the eggs, lemon juice and 'sugar' of a normal recipe. As an option, simply halve the filling ingredients and you'll end up with a 1/4 inch layer. But, decrease the baking time.
- **DUSTING:** My wife prefers these without the topping.
- **COLOR:** The top of the lemon bars will have a slightly pale yellow color. Don't worry, the top gets dusted with the confectioners sugar and the actual filling is a vibrant yellow.
- **"BAKING" SUGAR ALTERNATIVE:** For this recipe, I tried using 'Lakanto monkfruit classic', 'Swerve', and even a Truvia/Stevia blend of 1-to-1 granulated sugar replacements. The problem is, those were all loaded with 8x more erythritol. Once the lemon bars cooled, the filling developed tons of fine, grainy crystals within the filling. I know it's pricey, but in order to make this recipe, PLEASE, purchase "[Baking Sugar Alternative](#)". I used King Arthur brand. There are other brands, but I don't know how they'll perform. I have tried this recipe with 5 different types of sweeteners and the King Arthur brand had the best results, by far. No other dessert I've ever made, has ever been so picky about which type of sweetener was used.
- **SPLENDA!:** **If granulated Splenda is used as your sweetener, the lemon filling will finish baking in only 15-17 minutes!!! It will also have a much more custard-like texture.**
- **TYPE OF PAN!:** I used a ceramic pan for my batch. If you use a different type, such as a glass or metal pan, your bake time may need to be adjusted. Keep an eye on the filling's 'jiggle'.
- **DARK EDGES:** The longer baking time required for this double batch of filling (unless you use Splenda), results in a dark, caramelized edge to the lemon bars.

