



## INGREDIENTS

### Gluten-Free Crust

- 1/4 cup raw honey
- 1/3 cup palm shortening
- 1 tsp. pure vanilla extract
- 2/3 cup coconut flour
- 1 tbs Gelatin

### Lemon Filling

- 1 13.5 oz. can coconut cream
- 2 tbs palm shortening
- 1/2 cup fresh lemon juice (about 4-5 lemons)
- 1/4 cup raw honey
- 1/4 tsp turmeric powder
- 1/4 cup arrowroot starch
- 1 tbs gelatin
- 1/4 cup water
- AIP and Paleo powdered sugar (blend 1 cup coconut sugar and 1 tbs tapioca starch in a high-speed food processor)

# Gluten-Free Lemon Bars

Makes Approximately 16 bars

## Directions

### Gluten-Free Crust

- Step 1** Preheat your oven to 325 F and line an 8x8 baking pan with unbleached parchment paper
- Step 2** Using a spatula or a hand mixer, combine the palm shortening, honey, and vanilla.
- Step 3** In a separate bowl, whisk together the coconut flour, arrowroot starch, and gelatin. Slowly add the flour mixture to the honey and stir until a ball of dough forms.
- Step 4** Press the dough into the bottom of your baking pan to form to form an even crust.
- Step 5** Bake until lightly golden for about 25 minutes. Set aside.

### Lemon Filling

- Step 1** In a medium-sized pot, whisk together all the lemon filling ingredients aside from the gelatin and water. Stir occasionally over medium heat for about 5 minutes until the mixture is smooth and slightly thickened.
- Step 2** In a small bowl, add water and sprinkle gelatin on top. Let rest 3-5 minutes until the gelatin firms up.
- Step 3** Next, add gelatin and water to the lemon filling mixture, and whisk over low heat for about 3 minutes until the gelatin is well incorporated

### Lemon Bars

- Step 1** Pour the filling over the crust and place into a refrigerator.
- Step 2** Remove parchment paper from the pan, dust with AIP and Sugar.