

Keto Lemon Bars

Decadent creamy low carb keto friendly lemons bars made with almond flour are a delicious keto dessert choice with just 4 net carbs per bar!

 Course	Dessert
 Cuisine	American
 Keyword	bars, keto, lemon, low-carb
 Prep Time	5 minutes
 Cook Time	45 minutes
 Total Time	50 minutes
 Servings	16 small squares
 Calories	167kcal



★★★★★
4.57 from 16 votes

Ingredients

For the Base

- 1 1/2 cup [almond flour](#)
- 1/2 cup [butter](#) at room temp (or slightly melted)
- 1/4 cup [erythritol](#)
- Pinch of salt
- 1/2 tsp vanilla optional

For the filling

- 1 cup [almond flour](#)
- 1 cup [erythritol](#)
- 4 large eggs
- 1/2 cup fresh lemon juice about 3 lemons
- Zest of 1 lemon about 2 tablespoons

Instructions

1. Preheat oven to 350F. Combine butter, 1 1/2 cup almond flour, 1/4 cup erythritol, vanilla, and a pinch of salt. Press evenly into a 9x9" parchment paper-lined baking dish. Bake for 15 minutes or until crust starts to become golden on the edges.
2. While the crust is baking, in a large bowl, combine the ingredients for the filling and beat or whisk until lump free and fully incorporated.
3. Pour the filling onto the pre-baked crust & bake for 25 minutes. Cool for at least 30 minutes, cut into 12-16 small squares and sprinkle with powdered erythritol if desired.

Notes

Reduce the sweetener by 1/4 cup or to your taste if desired.

Nutrition

Serving: 1square | Calories: 167kcal | Carbohydrates: 5g | Protein: 5g | Fat: 15g | Saturated Fat: 4g | Cholesterol: 56mg | Sodium: 66mg | Potassium: 23mg | Fiber: 1g | Sugar: 0g | Vitamin A: 235IU | Vitamin C: 3mg | Calcium: 45mg | Iron: 0.8mg

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