

Glazed Lemon Baobab Bars

A tangy, sweet dessert that will leave you wanting more!

Lemon Baobab Bar Ingredients

- 1 Cup Butter (Softened)
- 1 1/2 Cups THM Gentle Sweet or XES Sweetener*
- 1 Lemon, Zest and Juice ((large lemon))
- 4 Eggs (large)
- 3/4 Cup THM Baking Blend
- 1/4 Cup Collagen
- 1/4 Cup Baobab
- 1 tsp Baking Powder

Glaze Ingredients

- 1 Cup Xylitol** (powdered)
- 1 Lemon, Zest and Juice ((large lemon))
- 1 Tbsp Baobab
- 1-2 Tbsp Almond Milk ((Start with 1, add more if needed))
- 1 Tbsp Butter or Coconut Oil

Directions

1. Preheat oven to 350 degrees and line a 9×13 baking pan with parchment paper.
2. Using a mixer, beat together the butter and sweetener until light and fluffy.
3. Zest the lemon and chop zest into small bits. Juice the lemon.
4. Mix zest and juice into the butter/sweetener mixture.
5. Beat in eggs, one at a time until combined.
6. Gradually beat in the dry ingredients until combined.
7. Spread the batter into the baking pan. It will be thicker than a normal cake mix but should spread easily.
8. Bake in the oven for 30-35 minutes or until a toothpick comes out with moist crumbs. Do not overbake.
9. While the cake is baking, zest the second lemon and chop the zest into small bits. Juice the lemon.
10. In a saucepan, whisk together the powdered xylitol, lemon juice, lemon zest, baobab, and 1 tablespoon of almond milk until combined.
11. Put the saucepan on medium-low heat and add the butter. Warm the glaze to make sure the sweetener is completely dissolved and the butter is incorporated. This will not take long. Just get it completely warmed through. (No more than 2-4 minutes). If the consistency is too thick (it should be a spreadable glaze consistency) you can add a bit more almond milk.

12. When the glaze is warmed through, take it off the heat and let it cool completely. You can put it in the refrigerator if desired.
13. When the cake is finished baking, allow it to cool completely.
14. Spread the glaze evenly over the lemon bars.
15. At this point, you can serve the bars as is or allow them to set up more in the refrigerator. The glaze should be soft, but not runny at room temp and it will be firmer coming from the fridge.

*Any low-glycemic sweetener can be used, but because they vary in sweetness levels that difference will need to be taken into account when making the recipe.

**I chose to use xylitol because it does not re-crystallize when cooled like erythritol does. You can use any low-glycemic sweetener you would like, however. Just be aware that there may be crystallization in your glaze if you use an erythritol-based sweetener.