



Lemon Cheesecake Bars

Active Time: 20 minutes | Total Time: 1.5 hours | Serves: 16

Nutrition Information Per Serving

157.3 calories, 8.56 g carbohydrate, 1.09 g fiber, 1.47 g NET carbs, 3.79 g protein, 15.26 g fat

Ingredients

- 8 Tbsp(s) Wholesome Sweeteners Organic Zero
- 40 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 1/4 tsp(s) Real Salt
- 1/8 Tbsp(s) Starwest Botanicals Organic Psyllium Husk Powder
- 1 tsp lemon zest
- 1/4 cup(s) salted grass-fed butter, chilled
- 1 large pastured egg
- 2 Tbsp(s) lemon juice
- 2 Tbsp(s) organic cream or coconut milk (full fat)
- 12 ounce(s) organic cream cheese
- 1 1/4 cup(s) blanched almond flour

Preparation

1. Preheat the oven to 350 F. Line the bottom of an 8 x 8 pan with unbleached parchment paper.
2. First, make the crust. In a food processor, add the almond flour, butter, half the erythritol, salt, psyllium, and one-fourth of the stevia. Pulse until it comes together and forms a dough.
3. Press the dough evenly into the bottom of the parchment-lined pan. Transfer to oven and parbake for 10 minutes. Remove from oven, set aside and cool.
4. Reduce oven to 275 F.
5. Now make the filling. Add the cream cheese to a medium bowl and beat on medium-high with an electric mixer until smooth. Add remaining filling ingredients and beat until smooth.
6. Spread filling over cooled crust and bake 25-30 minutes – the filling should just set up.
7. Let cool on the counter for 30 minutes, then chill for 2 hours. Using a spatula, lift the chilled bar out of the pan and cut into squares using a sharp, non-serrated knife.
8. For long term storage, wrap each bar in cellophane, place in a freezer bag and freeze.

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