

## Gluten-Free Lemon Bars

MAKES 16 TO 20 BARS

The fresh taste of lemons enhances this dessert. This bar packs up nicely and travels well, making it ideal to bring to a family gathering or New Year's dinner.

### CRUST

- 1 cup (2 sticks) unsalted butter (results with a non-dairy alternative may not be as "buttery")
- 2 cups gluten-free flour blend of choice ([or recipe below](#))
- ½ cup powdered sugar

### FILLING

- 4 large eggs, lightly beaten
- 1½ cups granulated sugar
- ¼ cup freshly squeezed lemon juice
- Zest from two small lemons or finely grated lemon peel
- ¼ cup gluten-free flour blend of choice ([or recipe below](#))
- 1-2 teaspoons powdered sugar, for garnish

1. Preheat oven to 350 degrees. Line a 9x13-inch baking dish with parchment paper for easy removal.
2. To make the crust, melt butter in the microwave in a medium glass bowl. Add the flour blend and powdered sugar. Blend with a fork. Press mixture into prepared baking dish. Bake for 15 minutes and remove from oven.
3. Reduce oven temperature to 325 degrees.
4. To make the filling, combine eggs, granulated sugar, lemon juice, zest and flour blend.
5. Pour this mixture over hot crust and bake at 325 degrees for 18 minutes. The lemon layer should not brown.
6. Remove bars from the oven and sprinkle with powdered sugar. Cool completely.
7. To remove bars, hold on to the parchment paper and lift bars from the pan as one whole piece. Cut into individual bars with a sharp knife, wiping the knife clean between cuts. Store bars in the refrigerator until eaten.

**Note:** For best results in this recipe, your gluten-free flour blend should contain xanthan gum. If it does not, add ½ teaspoon xanthan gum per cup of flour blend.

*Each serving contains 233 calories, 10g total fat, 6g saturated fat, 0g trans fat, 67mg cholesterol, 34g carbohydrate, 16mg sodium, 0g fiber, 2g protein.*

## Gluten-Free Flour Blend

MAKES ABOUT 4¼ CUPS

- 1 cup brown rice flour
- 1¼ cup white rice flour
- ¼ cup potato starch
- 2/3 cup tapioca starch/flour
- ¾ cup sweet rice flour
- 1/3 cup cornstarch
- 3 teaspoons xanthan gum

Mix all ingredients together. Store unused flour mix in the refrigerator.

*This recipe by Karen Robertson was published in the [Spring 2005 issue](#) of Living Without magazine.*