

Lemon Bars

This recipe uses the following Faust Family Farm products:

- Eureka and/or Meyer Lemons
- chicken or duck eggs

Ingredients

Crust

- 1 cup cold butter (preferably grass fed)
- 2 cups Einkorn flour (Jovial or Young Living)
- 1/3 cup organic evaporated cane juice crystals

Filling

- 1 cup organic evaporated cane juice crystals
- 1/4 cup Einkorn flour (Jovial or Young Living)
- 4 large eggs
- 1/2 cup freshly juiced lemon juice
- 2-3 drops Lemon Vitality essential oil (Young Living)
- 2-3 drops Nutmeg Vitality essential oil (Young Living)
- 3/4 cup chopped pecans or walnuts

Directions

1. Preheat oven to 350 degrees F.
2. In medium bowl, cut butter into 2 cups Einkorn flour and 1/3 cup cane juice crystals. Press evenly into 9x9 inch pan. Bake in the preheated oven for 15-20 minutes or until firm and golden in color.
3. In another bowl, beat together the remaining 1 cup cane juice crystals and 1/4 cup Einkorn flour. Add the eggs, lemon juice, and Lemon and Nutmeg essential oils. Beat until smooth. Add the nuts and mix well. Pour over the baked crust.
4. Bake for 20 minutes in the preheated oven. The bars will become firm as they cool.
5. Cut into bars and serve.